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Montana Youth Risk Behavior Survey

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MONTANA YOUTH RISK BEHAVIOR SURVEY REPORT - 2001

FOR STUDENTS WITH DISABILITIES

STATEWIDE ANALYSIS OF
SELECTED BEHAVIOR RISK FACTORS

October 2001

Prepared for
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The 2001 Youth Risk Behavior Survey (YRBS) Report is a continuation of the surveillance and reporting system for adolescent risk behaviors developed by the Division of Adolescent and School Health, National Center for Chronic Disease Prevention and Health Promotion, U.S. Centers for Disease Control and Prevention (CDC). The YRBS was first used in Montana in 1991. The Montana Office of Public Instruction and Superintendent Linda McCulloch acknowledge the participation, support and cooperation of those persons who made the 2001 Montana Youth Risk Behavior Survey possible. Sincere appreciation is expressed to:

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- the co-sponsors of the YRBS -- the Montana Board of Crime Control, the Montana Department of Public Health and Human Services, the Billings Area Indian Health Service, the Montana Department of Transportation, Healthy Mothers/Healthy Babies Montana Coalition, Blue Cross and Blue Shield of Montana, and Montana Communities in Action;

- the district superintendents, school principals and teachers who cooperated with and supported the survey;

and, most importantly,

- the Montana students who participated in the survey.

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Introduction

I. INTRODUCTION

The Youth Risk Behavior Surveillance System is an epidemiologic surveillance system that was established by the U.S. Centers for Disease Control and Prevention (CDC) to help monitor the prevalence of behaviors that not only influence youth health, but also put youth at risk for the most significant health and social problems that can occur during adolescence and adulthood. A review of the leading causes of death among youth aged 15-24 in the United States reveals that nearly 72 percent of all deaths in this age group are due to four causes: motor-vehicle crashes (31 percent), other unintentional injuries (11 percent), homicides (18 percent), and suicides (12 percent). Considerable acute and chronic morbidity also result from these causes.

Nationally, substantial morbidity and social problems also result from the approximately one million pregnancies that occur each year among females aged 15-19 years and the estimated three million cases of sexually transmitted diseases (STDs) that occur each year among persons aged 10-19 years. One out of every six cases (one of five in Montana) of acquired immunodeficiency syndrome (AIDS) that is diagnosed in the United States occurs among those who are aged 20 to 29 years old. Since the average incubation period between human immunodeficiency virus (HIV) infection and AIDS diagnosis is ten years, a high proportion of those 20 to 29 year olds diagnosed with AIDS were infected as teenagers. HIV infection is now reported as the fifth leading cause of death among persons aged 15 to 24 years old.

Mortality, morbidity, and social problems that teenagers encounter are largely related to a small number of negative behaviors such as drinking and driving and sexual intercourse at a young age. Tobacco use, excessive consumption of fats, and insufficient physical activity (behaviors formed during adolescence) are known to lead to diseases that are not manifest until adulthood. These behaviors and associated health problems are largely preventable.

In 1988, CDC initiated a process to identify and monitor important health behaviors among youth. The leading causes of mortality, morbidity, and social problems among youth were analyzed and behaviors contributing to these problems were identified and categorized into six risk areas: 1) behaviors that result in unintentional and intentional injuries; 2) tobacco use; 3) alcohol and drug abuse; 4) sexual behaviors that result in HIV infection, other sexually transmitted diseases, and unintended pregnancies; 5) physical inactivity; and 6) dietary behaviors.

The purpose of the Montana Youth Risk Behavior Survey (YRBS) is to assist educators and health professionals in determining the prevalence of the aforementioned health-risk behaviors among Montana youth. This report describes the results of the survey and the methods used to conduct the survey. The results will be used to focus the continuing

development of statewide comprehensive health education and to reduce those health behaviors that place Montana youth at risk.

Survey results for each of the risk factors are presented in two parts:

1. an overview of the risk factor as it applies to Montana youth; and

2. highlights of the results of the 2001 YRBS for Montana youth with disabilities in bullet format.

Appendix A lists all survey questions and corresponding frequency distributions, while Appendix B contains graphs associated with the highlights presented in the text. Appendix C also contains charts of specific questions asked in the 2001 YRBS.

Survey Methods

II. SURVEY METHODS

DESCRIPTION OF YRBS

The Youth Risk Behavior Survey (YRBS) was developed cooperatively by the Centers for Disease Control and Prevention (CDC), 19 other federal agencies, and state and local departments of education to measure the extent to which adolescents engage in health risk behaviors. The 2001 survey instrument consisted of 99 questions which assessed the six priority health risk behaviors which result in the greatest amount of morbidity, mortality, and social problems among youth. These behaviors include behaviors that result in intentional and unintentional injuries; tobacco use; alcohol and other drug use; sexual behaviors that result in HIV infection, other sexually transmitted diseases, and unintended pregnancies; physical inactivity; and dietary excesses and imbalances.

SAMPLE SELECTION PROCESS

All public and private schools in Montana were eligible to be selected for inclusion in the sample. One hundred twenty-six schools elected to participate in the volunteer sample and 75 percent of the students in these schools volunteered to participate in the survey. A total of 1,209 high school students with disabilities participated in the 2001 Montana Youth Risk Behavior Survey. The results presented in this report are based on the behavior and opinion of the participants in the sample; because the survey was not random it is not possible to use the results of the survey to draw conclusions about all students with disabilities in Montana.

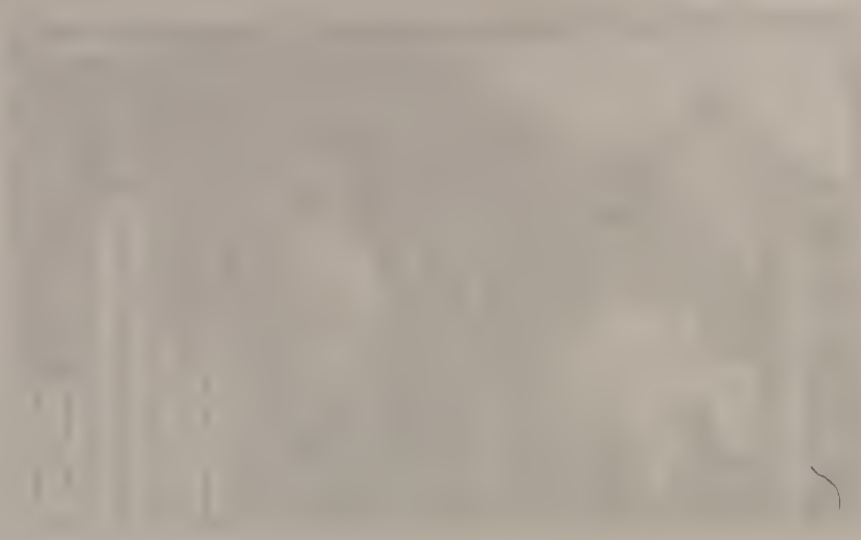
Superintendents of school districts were contacted during November 2000 to obtain approval to approach principals of randomly selected schools about the survey. Sufficient time was allowed to gain school board and/or parent approval, and to answer any questions about the survey. Each participating school submitted a list of second-period classes and a random set of these classes was selected and surveyed. In smaller schools, a census of students was attempted. Survey coordinators from each school were assigned by school administrators and packets of information, including instructions, survey booklets, and answer sheets, were mailed to each school during March 2001. Surveys were administered during second-period classes and returned to the Office of Public Instruction (OPI) for processing within one week of survey administration.

Teachers administering the survey to students were provided with detailed written instructions to ensure uniform survey administration across sites. To encourage accurate responses to sensitive questions, a strict protocol was implemented to **protect the privacy and confidentiality of all participating students**. Participation in the survey was voluntary. Students could decline to participate, turn in blank or incomplete survey forms, or stop completing the survey at any time. The protocols used in the YRBS ensure that participating schools are not violating any federal laws protecting students' rights and privacy, including the Protection of Pupil Rights Amendment and the Family Educational Rights and Privacy Act (FERPA).

SURVEY VALIDITY AND LIMITATIONS

The 2001 Youth Risk Behavior Survey for students with disabilities was not a random survey. It would not be valid to generalize the findings from this survey to all students with disabilities in Montana. It is only valid to attribute the results of this survey to the 1,209 students who reported their behaviors in response to the items in the questionnaire. In addition, respondents in self-reported surveys may have a tendency to under-report behaviors that are socially undesirable, unhealthy, or illegal (alcohol consumption, drug use, seat belt nonusage, etc.) and overreport behaviors that are socially desirable (amount of exercise, etc.).

Survey Results



III. SURVEY RESULTS

INTENTIONAL AND UNINTENTIONAL INJURIES

Overview

Accidents are the leading cause of death among Montana youth aged 15 to 19 years old. In 1999, 70 percent of deaths among youth aged 15 to 19 years old in Montana were attributed to accidents (Montana Department of Health and Human Services, 1999 Vital Statistics). Sixty-nine percent of these accidental deaths were due to motor vehicle crashes. The second leading cause of death among Montana youth in 1999 was suicide, which accounted for 14 percent of all deaths. Obviously, controlling or lowering the death rate due to these two causes, which account for over three-fourths of all deaths among Montana youth, would not only preserve Montana's most important resource, but also increase the social and economic well-being of the state and its population.

Ten questions were asked of participants in the survey regarding intentional and unintentional injuries (see Appendix A). Questions related to intentional and unintentional injuries were developed for middle and high school students throughout the United States and, consequently, some of the questions may not relate well to youth in Montana. In particular, many Montana students may carry firearms for hunting or predator control and report that they are carrying a weapon -- even onto school property. The purpose for carrying these weapons may not have any relationship to self-protection or aggressive behavior as the survey was attempting to measure. However, this situation should not lessen the importance of firearm safety. Each year, Montana youth place themselves at risk for accidental injury or death when carrying firearms. The issue addressed in this survey is the access to firearms by Montana youth.

Highlights of the survey related to intentional and unintentional injuries

- In 2001, slightly over one-fourth (26 percent) of all students with disabilities reported "Never or Rarely" wearing seat belts when riding in a car driven by someone else. Approximately 23 percent of students with disabilities wear seat belts all the time (Figure 1, Appendix B).

- Approximately 46 percent of the respondents, within the 30 days prior to the survey, rode in a car driven by someone who had been drinking. Within 30 days prior to the survey, one in four (27 percent) of the survey participants had driven a car when they had been drinking alcohol (Figure 1, Appendix B).

- In the past 12 months, 26 percent of the survey participants had seriously considered attempting suicide and 23 percent of students with disabilities had actually made a plan to attempt suicide. Twenty-one percent of the students with disabilities taking the survey reported that they had actually attempted suicide (Figure 1, Appendix B).

- During the past 12 months, 43 percent of survey respondents reported being in a physical fight. Approximately 25 percent had been in two or more fights within the past 12 months (Figure 1, Appendix B).

- In 2001, 20 percent of male students with disabilities reported "Always" wearing seat belts, whereas 27 percent of the female students with disabilities "Always" wore seat belts (Figure 2, Appendix B).

- Forty-six percent of the students with disabilities reported that, within the 30 days prior to the survey, they had ridden in a car driven by someone who had been drinking (Figure 3, Appendix B).

- Of those students with disabilities riding in a car driven by someone who had been drinking (46 percent), approximately one in four (27 percent) indicated that, within the 30 days prior to the survey, they had ridden six or more times in a vehicle driven by someone who had been drinking (Figure 3, Appendix B).

- Twenty-seven percent of students with disabilities reported that, within the 30 days prior to the survey, they had driven a car after drinking alcohol (Figure 4, Appendix B).

- Of those students reporting that they had been driving and drinking (27 percent), one in five (22 percent) reported drinking and driving six or more times in the 30 days prior to the survey (Figure 4, Appendix B).

- Male students with disabilities were far more likely to have been involved in a physical fight than females (Figure 5, Appendix B).

- In the past year, eight percent of students with disabilities reported having been injured in a physical fight (Figure 5, Appendix B).

- Physical fighting and injuries from fighting among Montana students with disabilities increased slightly from 1999 to 2001 (Figure 5, Appendix B).

- Twenty-six percent of students with disabilities reported seriously considering attempting suicide (Figure 6, Appendix B).

- Female students with disabilities were more likely to consider, plan, and attempt suicide than males (Figure 6, Appendix B).

TOBACCO USE

Overview

In 2000, an estimated 18.8 percent of adult Montanans reported being current smokers (Montana Department of Public Health and Human Services, 2001). One out of every five deaths in Montana can be attributed to tobacco use, as each year over 1,400 Montanans die prematurely from tobacco-related illnesses. The estimated annual cost of direct medical expenses related to smoking in Montana in 1993 was $153.4 million (CDC, State Tobacco Control Highlights, 2001). Eighty percent of people who use tobacco start smoking or using smokeless tobacco before age 18, thus making nicotine addiction a disease that begins in childhood (U.S. Department of Health and Human Services, 1994).

Twelve questions were asked of Montana students with disabilities regarding the use of tobacco (Appendix A). The questions related to frequency and use of both cigarettes and smokeless tobacco. In addition, several questions were asked about the use of tobacco products on school property.

Highlights of the survey related to tobacco use

- Seventy-five percent of students with disabilities have tried smoking. Nearly one-half (41 percent) smoked cigarettes on one or more days in the month prior to taking the survey. Both of these figures are about the same as reported in 1999 (Figure 7, Appendix B).

- Over one-fourth (28 percent) of students with disabilities reported that they smoked two or more cigarettes on the days they smoked (Figure 7, Appendix B).

- The number of students with disabilities who use chewing tobacco (24 percent) remained at about the same level as in 1999 (Figure 7, Appendix B).

- Nearly one-half (41 percent) of students with disabilities reported that they are current smokers, i.e., that they have smoked in the past 30 days. The rate in 1999 was 44 percent of survey respondents (Figure 8, Appendix B).

- During the past 12 months, 70 percent of students with disabilities who smoked, indicated that they had tried to quit smoking cigarettes.

- Thirty-two percent of the male students with disabilities reported having used chewing tobacco or snuff during the 30 days prior to the survey as compared to 11 percent of the females. The number of male students using chewing tobacco was the same in 2001 as it was in 1999 (Figure 8, Appendix B).

ALCOHOL AND DRUG ABUSE

Overview

Excessive alcohol consumption contributes to cirrhosis of the liver, motor vehicle and other accidents, suicides, homicides, and some types of cancer. Traffic accidents involving drinking historically have been and continue to be a major problem in Montana. Alcohol related crashes tend to result in more severe injuries than do crashes with no alcohol involvement. During the early 80s, fatalities related to alcohol accounted for as much as 62 percent of all fatalities. In 1999, alcohol related fatalities were at 36.8 percent (Montana Department of Transportation, 2000). In 1999, 18 percent of adult Montanans were classified as being at risk from acute drinking (i.e., consuming five or more drinks on one occasion) (Montana Department of Health and Human Services, 1999 Behavioral Risk Factor Surveillance System, BRFSS). A large proportion of this group indicated that they began drinking in high school.

Five questions were asked of Montana students with disabilities regarding their use of alcohol and drugs (Appendix A). Questions related to frequency of use, age of first use, and types and forms of drugs used.

Highlights of the survey related to alcohol and drug abuse

- Fifty-nine percent of students with disabilities had at least one drink of alcohol during the 30 days prior to the survey. Of those students who had a drink of alcohol, 23 percent were less than nine years old when they had their first drink (Figure 9, Appendix B).

- Thirty percent of students with disabilities had used marijuana one or more times during the 30 days prior to the survey. In 2001, students with disabilities reported the median age of first use of marijuana was 11 to 12 years old, which was similar to the age reported in the 1999 YRBS (Figure 9, Appendix B).

- Fifteen percent of students with disabilities reported using cocaine at least once during their lifetime (Figure 10, Appendix B).

- Forty-nine percent of the students with disabilities reported that they had five or more drinks in a row at least once during the past 30 days (Figure 10, Appendix B).

- Fifty-one percent of students with disabilities reported smoking marijuana at least once in their lifetimes. Male respondents were slightly more likely to have used marijuana than female students (Figure 10, Appendix B).

- Sixteen percent of students with disabilities indicated that they have used methamphetamines (also called speed, crystal, crank, or ice).

YOUTH SEXUAL BEHAVIORS

Overview

Nationally, half of all high school students have had sexual intercourse, reflecting a *decline* during the last decade from 54 percent in 1991 to 50 percent in 1999. Males are slightly more likely than females to report having had sex (The Centers for Disease Control and Prevention, Youth Risk Behavior Trends). In addition, the teen birth rate has declined steadily since 1991. The 2000 rate of 48.7 births per 1,000 females 15-19 is a record low and is 22 percent lower than the 1991 rate of 62.1. Montana teen birth rates have decreased from 58 births per 1,000 females aged 15-19 in 1970 to 35 births per 1,000 females in 1999 (U.S. Department of Health and Human Services).

Eight questions were asked of Montana students with disabilities regarding their sexual activity (Appendix A). Questions related to frequency, numbers of partners, abstinence, alcohol use, and birth control.

Highlights of the survey related to youth sexual behaviors

- Nearly one-half (48 percent) of students with disabilities reported not having had sexual intercourse. This is about the same percentage as reported in 1999 (Figure 11, Appendix B).

- Eighty-six percent of students with disabilities have had HIV/AIDS education (Figure 11, Appendix B).

- Twenty percent of students with disabilities have had sexual intercourse with four or more people during their life (Figure 11, Appendix B).

- Sixty-one percent of the sexually active students with disabilities reported wearing a condom during their last sexual intercourse. Seventeen percent did not use any method to prevent pregnancy.

- Fifty-two percent of students with disabilities reported having had sexual intercourse in their lifetime (Figure 12, Appendix B).

- One-third (32 percent) of the survey respondents reported that they had sexual intercourse within the three-month period prior to the survey.

- Male and female students with disabilities were about equally likely to report having had sexual intercourse (Figure 12, Appendix B).

- Seventy-one percent of students with disabilities who have had sexual intercourse reported having had sex with multiple (two or more) partners. Female and male students were about equally likely to have had multiple partners (Figure 13, Appendix B).

- Forty-three percent of students with disabilities who have had sexual intercourse reported using alcohol or drugs the last time they had sex. Male students were slightly more likely to have used alcohol or drugs before sexual intercourse (Figure 13, Appendix B).

- Thirty-nine percent of students with disabilities who have had sexual intercourse reported not using a condom the last time they had sex (Figure 13, Appendix B).

PHYSICAL INACTIVITY

Overview

Inadequate physical activity behaviors established during youth may extend into adulthood and increase risk for coronary heart disease, hypertension, non-insulin dependent diabetes, osteoporosis, obesity, and mental health problems. In 2000, 23 percent of adult Montanans reported "no leisure time physical activity," 76 percent reported "no regular and sustained physical activity," and 82 percent reported "no regular and vigorous physical activity" (Montana Department of Public Health and Human Services, 2000 BRFSS).

Eight questions were asked of Montana students with disabilities regarding physical inactivity (Appendix A). Questions related to types of physical activity as well as frequency of activity.

Highlights of the survey related to physical inactivity

- Nearly two-thirds (63 percent) Montana students with disabilities participated in sports/physical activities three or more times per week. Thirty-two percent of students with disabilities attended physical education classes daily (Figure 14, Appendix B).

- Over one-half (52 percent) of students with disabilities watch TV two or more hours per day (Figure 14, Appendix B).

- Fifty-five percent of students with disabilities did strengthening exercises in three of the past seven days prior to the survey (Figure 14, Appendix B).

DIETARY EXCESSES AND IMBALANCES

Overview

Evidence suggests that approximately 33 percent of all cancer deaths in the United States are related to dietary factors (American Cancer Society, Cancer Facts and Figures, 2000). Using this average, in Montana an estimated 1,353 of the total 4,100 cancer deaths for the year 2000 were related to dietary excesses and imbalances. In addition, 21 percent of Montana youth live in poverty and thus are at risk for hunger. Montana ranked 35th among the 50 states for the percent of children living in poverty (U.S. Census Bureau, 2000).

Seven questions were asked of Montana students with disabilities regarding dietary excesses and imbalances (Appendix A). Questions related to types of food the youth were eating as well as frequency.

Highlights of the survey related to dietary excesses and imbalances

- One-half (52 percent) of students with disabilities think they are "about the right weight." More boys tend to think they are at about the right weight than girls (Figure 15, Appendix B).

- Sixty-three percent of female respondents are trying to lose weight. Only 30 percent of the boys reported that they are trying to lose weight (Figure 15, Appendix B).

- Eighty-five percent of survey respondents reported eating fruit at least once during the seven days prior to the survey. Seventy-two percent ate a green salad within the past seven days (Figure 15, Appendix B).

Conclusions

IV. CONCLUSIONS AND RECOMMENDATIONS

Results of the 2001 Montana Youth Risk Behavior Survey for students with disabilities indicate that although progress has been made over the past several years in decreasing risk from undesirable behaviors, Montana health, education, and social professionals need to continue to focus on those primary risk behaviors that cause the greatest amount of mortality, morbidity, and social problems among Montana youth. These primary risk behaviors are initiated during adolescence, yet the consequences of unhealthy behaviors are exhibited from adolescence through adulthood. For example, youth may start smoking in their early teens, but complications such as emphysema do not appear until adulthood.

Important risk behaviors where improvement will be needed in order for Montana to meet current health objectives are:

- **Seat belt usage** -- only 23 percent of Montana youth with disabilities wear seat belts *all* of the time when riding in a car driven by someone else. This level of usage is only 3 percent higher than the 1999 level of 20 percent. This level of seat belt usage is far short of the current objective for seat belt use of 85 percent of all occupants wearing seat belts *all* of the time.

- **Motorcycle and bicycle helmet usage** -- only 21 percent of motorcyclists and 3 percent of bicyclists are using helmets *all* of the time. The current objective is for 80 percent of motorcyclists and 50 percent of bicyclists to use helmets.

- **Vehicle-related mortality** -- the motor vehicle accident mortality rate among Montana youth is approximately 55 per 100,000 people. The current objective is to reduce deaths caused by motor vehicles to 33 per 100,000.

- **Injurious suicide attempts** -- the number of injurious suicide attempts reported by Montana students with disabilities was about the same in 2001 as in 1999 and 1997 (9 per 1,000 people). The YRBS data showed a slight increase in 2001 in the percent of students who actually attempted suicide, and Montana remains fifth highest in the nation in the rate of completed adolescent suicides. The current objective is to reduce the incidence of injurious attempts by 15 percent among adolescents aged 14-17.

- **Smokeless tobacco use** -- Montana students with disabilities are continuing to use smokeless tobacco products at rates that are higher than national trends. In 2001, 32 percent of Montana male students with disabilities and 11 percent of female students with disabilities used snuff or chewing tobacco in the 30 days prior to the survey. The current objective is to reduce usage for males aged 12-24 to no more than 4 percent.

- **Alcohol usage** -- the 2001 YRBS indicates that approximately 59 percent of Montana students with disabilities had used alcohol in the month prior to the survey. The current objective is to reduce alcohol intake to 12.6 percent of youth aged 12-17 and to 29 percent of youth aged 18-20.

- **Marijuana usage** -- the 2001 YRBS indicates that 30 percent of Montana youth with disabilities had used marijuana during the 30 days prior to the survey. This rate is about the same as the rate reported in 1999. The current objective is to reduce the use of marijuana in the past month to 3.2 percent for the age group that includes Montana students with disabilities.

- **Sexual behavior** -- the 2001 YRBS indicates that 52 percent of Montana students with disabilities had engaged in sexual intercourse. The current objective is to reduce this rate to 15 percent for those aged 15 years or less.

There is still much to do to achieve the national health objectives for the reported health-risk behaviors of Montana youth. Although reported behaviors related to the risk behaviors of driving while drinking, riding with a drinking driver, seat belt usage, smoking, alcohol and other drug use, sexual behaviors, and physical activity have shown some improvement, a long-term, comprehensive approach to improving health and reducing risks is needed to provide Montana's youth with disabilities with healthier lives further removed from the illness, death and social problems linked to preventable health risks.

There are several areas where Montana appears to be meeting or exceeding national objectives:

- Montana schools continue to provide HIV/AIDS education to its young people. Eighty-six percent of Montana students with disabilities indicated they have received education related to HIV/AIDS infection.

- Over one-half (63 percent) of Montana youth with disabilities regularly perform (three or more of the past seven days) physical activities that enhance and maintain muscular strength, muscular endurance, and muscular flexibility. The current objective is to increase the national rate to 40 percent.

In order for Montana to help develop youth who will become healthy, responsible adults and to meet the current health objectives, the following recommendations are set forth:

1. Ensure that comprehensive health education and programs are implemented at adequate levels to continue to educate students with disabilities. Comprehensive school health programs and policies that support what is taught in the Health Enhancement classroom encourage long-term healthy lifestyles. Going beyond the classroom (e.g., drug-free and tobacco-free schools) involves the community and other agencies in the health of its young people. There is no greater tool for changing behavior patterns than effective, skills-based, age-appropriate health education. If students with disabilities are to change risk behaviors, they will need to have full understanding of the positive aspects of healthy behaviors, as well as the negative consequences of unhealthy behaviors.

Other comprehensive recommendations include:

- Communities should be encouraged to provide for developmentally appropriate preschool programs that help prepare children for school, thereby improving the prospects with regard to school performance, problem behaviors and physical health.

- Montana students should have daily access to and participation in health enhancement classes.

- Montana schools should be encouraged to provide programs for parents such as parenting skills and encourage parents to talk to their children regarding health issues.

- Montana schools should consider programs that provide students who are in need of social and health services either the services or proper referrals to services (i.e., "full-service schools" or "school-linked services").

- Montana schools should have policies and programs in place that encourage school completion for all students and reduce the incidence of school dropouts.

- Montana schools should provide for all students guidance counselors who are properly prepared to deal with student issues.

2. Comprehensive health education and life management skills should be taught in all schools at appropriate age and developmental levels.

3. The effectiveness of comprehensive health education programs needs to be evaluated and, if necessary, modified in order to meet current health education objectives.

4. Improve the behavior patterns of Montana students with disabilities in the following areas:

    - increasing seat belt and helmet use,

    - reducing alcohol use,

    - reducing marijuana use,

    - reducing use of tobacco products, especially smokeless tobacco, by young males and females, and

    - increasing the number of youth who abstain from sexual intercourse, delaying the age of first sexual intercourse, increasing the number of sexually active youth who choose to reestablish abstinence from sexual intercourse, and recognizing that there are youth who are sexually active, increasing the use of condoms among sexually active youth.

5. Continue to address significant health-risk behaviors through prevention efforts that

include the following concepts:

- Intentional and Unintentional Injuries

  Montana students should have access to and participate in accident prevention education, suicide prevention education and violence prevention education programs such as peer mediation and/or conflict resolution.

  Montana schools should provide policies for staff and students that encourage safe, disciplined and drug-free environments.

- Tobacco Use

  Montana students should have access to and participate in tobacco education and prevention programs, including smokeless tobacco, at all grade levels.

  Montana schools should be tobacco-free.

- Alcohol and Drug Use

  Montana students should have access to and participate in alcohol education and prevention programs at all grade levels.

  Montana students should have access to and participate in bicycle/pedestrian safety and driver education programs at appropriate levels.

- Sexuality

  Montana students should have access to and participate in age-appropriate human sexuality education as part of a comprehensive school health program or as part of a family or church-based structured program in line with family and community values.

- Physical Inactivity

  Montana students should engage in vigorous physical activity that promotes the development and maintenance of cardiorespiratory fitness three or more days per week for 20 or more minutes per occasion.

- Nutrition

  Montana students should have access to lunch and breakfast services in the home or at school that are consistent with the nutritional principles in the "Dietary Guidelines for Americans."

  Nutrition education should be part of a comprehensive school health program at all grades. Ongoing education on safe weight management practices and acceptance of body size differences in youth with disabilities should be a part of nutrition education.

6. Continue collaborative efforts involving state and local agencies (both public and private) to ensure that health behavior risks of youth are addressed in a coordinated manner. Meeting the health and safety needs of adolescents requires coordinated efforts involving schools, communities, health services and parents.

7. Continue the support of comprehensive health education and programs by school boards, school administrators, teachers, health service agencies, legislators, and parents.

8. Continue to monitor school youth behavior patterns using the Youth Risk Behavior Survey (YRBS) instrument developed through the U.S. Public Health Service, Centers for Disease Control and Prevention.

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APPENDIX A

FREQUENCY DISTRIBUTIONS

2001 MONTANA YOUTH RISK BEHAVIOR SURVEY
STUDENTS WITH DISABILITIES FREQUENCY DISTRIBUTIONS

The following frequency distributions are based upon surveys with 1,209 students with disablities in Montana during March of 2001. Frequency distributions may not total 1,209 due to non-response and percents may not total 100 percent due to rounding.

Q-1 How old are you?

	Percent
A. 14 years old	8.7%
B. 15 years old	27.2%
C. 16 years old	23.9%
D. 17 years old	23.0%
E. 18 years old or older	17.2%

Q-2 What is your sex?

	Percent
A. Female	41.8%
B. Male	58.2%

Q-3 In what grade are you?

	Percent
A. 9th grade	3.3%
B. 10th grade	2.9%
C. 11th grade	39.1%
D. 12th grade	28.2%
E. Other	26.5%

Q-4 How do you describe yourself? (Select one or more responses.)

	Percent
A. American Indian or Alaska Native	17.8%
B. Asian	1.9%
C. Black or African American	1.7%
D. Hispanic or Latino	4.6%
E. Native Hawaiian or Other Pacific Islander	1.2%
F. White	76.6%

Q-5 During the past 12 months, how would you describe your grades in school?

	Percent
A. Mostly A's	15.1%
B. Mostly B'	28.7%
C. Mostly C's	35.5%
D. Mostly D's	11.1%
E. Mostly F's	2.2%
F. None of these grades	1.4%
G. Not sure	6.1%

Q-6 How tall are you without your shoes on?

	Percent
A. Less than 4 ft	0.9%
B. 4 ft to 4 ft, 6 in	0.3%
C. 4 ft, 7 in to 5 ft	2.6%
D. 5 ft, 1 in to 5 ft, 6 in	33.5%
E. Over 5 ft, 6 in	62.7%

Q-7 How much do you weigh without your shoes on?

	Percent
A. Less than 90 lbs	0.8%
B. 90-99 lbs	1.9%
C. 100-109 lbs	3.7%
D. 110-119 lbs	8.9%
E. 120-129 lbs	13.7%
F. 133-139 lbs	11.8%
G. 140 lbs +	59.2%

The next 5 questions ask about personal safety.

Q-8 When you rode a motorcycle during the past 12 months, how often did you wear a helmet?

	Percent
A. I did not ride a motorcycle during the past 12 months	53.9%
B. Never wore a helmet	19.9%
C. Rarely wore a helmet	4.9%
D. Sometimes wore a helmet	4.6%
E. Most of the time wore a helmet	7.0%
F. Always wore a helmet	9.7%

Q-9 When you rode a bicycle during the past 12 months, how often did you wear a helmet?

	Percent
A. I did not ride a bicycle during the past 12 months	26.7%
B. Never wore a helmet	61.7%
C. Rarely wore a helmet	4.3%
D. Sometimes wore a helmet	2.4%
E. Most of the time wore a helmet	2.4%
F. Always wore a helmet	2.4%

Q-10 How often do you wear a seat belt when riding in a car driven by someone else?

	Percent
A. Never	10.1%
B. Rarely	15.6%
C. Sometimes	24.0%
D. Most of the time	27.4%
E. Always	22.9%

Q-11 How often do you wear a seat belt when driving a car?

	Percent
A. I do not drive a car	16.2%
B. Never	12.8%
C. Rarely	12.5%
D. Sometimes	14.6%
E. Most of the time	16.5%
F. Always	27.3%

Q-12 During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?

	Percent
A. 0 times	54.4%
B. 1 time	12.1%
C. 2 or 3 times	15.0%
D. 4 or 5 times	5.8%
E. 6 or more times	12.7%

Q-13 During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?

	Percent
A. 0 times	73.4%
B. 1 time	9.0%
C. 2 or 3 times	8.8%
D. 4 or 5 times	2.8%
E. 6 or more times	6.0%

Q-14 Did you complete driver education prior to, or soon after starting to drive?

	Percent
A. I completed driver education (both classroom instruction and behind-the-wheel training) through a junior high or high school.	55.5%
B. I only completed classroom instruction, with no behind-the-wheel training.	2.4%
C. I completed driver education (both classroom instruction and behind-the-wheel training) through a commercial driving school.	3.6%
D. I completed driver education (both classroom instruction and behind-the-wheel training) through a combination of junior or high school and commercial driving schools.	3.7%
E. No. I did not complete driver education.	34.7%

The next 10 questions ask about violence-related behaviors.

Q-15 During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?

	Percent
A. 0 days	68.5%
B. 1 day	5.6%
C. 2 or 3 days	7.5%
D. 4 or 5 days	3.4%
E. 6 or more days	15.0%

Q-16 During the past 30 days, on how many days did you carry a gun?

	Percent
A. 0 days	82.1%
B. 1 day	4.3%
C. 2 or 3 days	4.6%
D. 4 or 5 days	2.0%
E. 6 or more days	7.0%

Q-17 During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?

	Percent
A. 0 days	84.2%
B. 1 day	4.3%
C. 2 or 3 days	2.9%
D. 4 or 5 days	1.3%
E. 6 or more days	7.3%

Q-18 During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

	Percent
A. 0 days	91.9%
B. 1 day	3.2%
C. 2 or 3 days	2.2%
D. 4 or 5 days	0.7%
E. 6 or more days	2.0%

Q-19 During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?

	Percent
A. 0 times	86.0%
B. 1 time	5.9%
C. 2 or 3 times	2.9%
D. 4 or 5 times	1.4%
E. 6 or 7 times	1.0%
F. 8 or 9 times	0.3%
G. 10 or 11 times	0.6%
H. 12 or more times	1.9%

Q-20 During the past 12 months, how many times were you in a physical fight?

	Percent
A. 0 times	57.5%
B. 1 time	17.1%
C. 2 or 3 times	12.9%
D. 4 or 5 times	4.0%
E. 6 or 7 times	1.9%
F. 8 or 9 times	1.0%
G. 10 or 11 times	0.5%
H. 12 or more times	5.1%

Q-21 During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?

	Percent
A. 0 times	92.1%
B. 1 time	4.1%
C. 2 or 3 times	1.8%
D. 4 or 5 times	1.0%
E. 6 or more times	1.0%

Q-22 During the past 12 months, how many times were you in a physical fight on school property?

	Percent
A. 0 times	79.1%
B. 1 time	12.1%
C. 2 or 3 times	4.8%
D. 4 or 5 times	1.4%
E. 6 or 7 times	0.5%
F. 8 or 9 times	0.3%
G. 10 or 11 times	0.3%
H. 12 or more times	1.6%

Q-23 During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?

	Percent
A. Yes	15.3%
B. No	84.7%

Q-24 Have you ever been physically forced to have sexual intercourse when you did not want to?

	Percent
A. Yes	14.8%
B. No	85.2%

The next 5 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.

Q-25 During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

	Percent
A. Yes	35.1%
B. No	64.9%

Q-26 During the past 12 months, did you ever seriously consider attempting suicide?

	Percent
A. Yes	25.5%
B. No	74.5%

Q-27 During the past 12 months, did you make a plan about how you would attempt suicide?

	Percent
A. Yes	22.8%
B. No	77.2%

Q-28 During the past 12 months, how many times did you actually attempt suicide?

	Percent
A. 0 times	78.7%
B. 1 time	12.8%
C. 2 or 3 times	5.6%
D. 4 or 5 times	1.0%
E. 6 or more times	1.9%

Q-29 If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

	Percent
A. I did not attempt suicide during the past 12 months	75.1%
B. Yes	8.5%
C. No	16.3%

The next 12 questions ask about tobacco use.

Q-30 Have you ever tried cigarette smoking, even one or two puffs?

	Percent
A. Yes	74.6%
B. No	25.4%

Q-31 How old were you when you smoked a whole cigarette for the first time?

	Percent
A. I have never smoked a whole cigarette	35.5%
B. 8 years old or younger	10.4%
C. 9 or 10 years old	12.1%
D. 11 or 12 years old	16.6%
E. 13 or 14 years old	16.4%
F. 15 or 16 years old	7.5%
G. 17 years old or older	1.4%

Q-32 About how many cigarettes have you smoked in your entire life?

	Percent
A. None	28.6%
B. 1 or more puffs but never a whole cigarette	7.6%
C. 1 cigarette	4.7%
D. 2 to 5 cigarettes	9.8%
E. 6 to 15 cigarettes (about 1/2 a pack total)	6.6%
F. 16 to 25 cigarettes (about 1 pack total)	5.2%
G. 26 to 99 cigarettes (more than 1 pack, less than 5 packs)	7.4%
H. 100 or more cigarettes (5 or more packs)	30.0%

Q-33 Do you now smoke cigarettes every day, some days, or not at all?

	Percent
A. Every day	19.9%
B. Some days	19.0%
C. Not at all	61.1%

Q-34 During the past 30 days, on how many days did you smoke cigarettes?

	Percent
A. 0 days	59.3%
B. 1 or 2 days	6.7%
C. 3 to 5 days	6.1%
D. 6 to 9 days	2.6%
E. 10 to 19 days	4.7%
F. 20 to 29 days	5.8%
G. All 30 days	14.7%

Q-35 During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

	Percent
A. I did not smoke cigarettes during the past 30 days	60.2%
B. Less than 1 cigarette per day	6.3%
C. 1 cigarette per day	5.3%
D. 2 to 5 cigarettes per day	16.0%
E. 6 to 10 cigarettes per day	6.6%
F. 11 to 20 cigarettes per day	4.0%
G. More than 20 cigarettes per day	1.8%

Q-36 During the past 30 days, how did you usually get your own cigarettes? (Select only one response.)

	Percent
A. I did not smoke cigarettes during the past 30 days	58.9%
B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station	11.1%
C. I bought them from a vending machine	1.3%
D. I gave someone else money to buy them for me	11.8%
E. I borrowed (or bummed) them from someone else	8.4%
F. A person 18 years old or older gave them to me	3.8%
G. I took them from a store or family member	2.0%
H. I got them some other way	2.8%

Q-37 When you bought or tried to buy cigarettes in a store during the past 30 days, were you ever asked to show proof of age?

	Percent
A. I did not try to buy cigarettes in a store during the past 30 days	78.6%
B. Yes, I was asked to show proof of age	11.2%
C. No, I was not asked to show proof of age	10.2%

Q-38 During the past 30 days, on how many days did you smoke cigarettes on school property?

	Percent
A. 0 days	80.8%
B. 1 or 2 days	5.8%
C. 3 to 5 days	2.8%
D. 6 to 9 days	1.8%
E. 10 to 19 days	2.8%
F. 20 to 29 days	1.5%
G. All 30 days	4.5%

Q-39 Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?

	Percent
A. Yes	31.3%
B. No	68.7%

Q-40 During the past 12 months, did you ever try to quit smoking cigarettes?

	Percent
A. I did not smoke during the past 12 months	54.4%
B. Yes	31.9%
C. No	13.7%

Q-41 Have you ever used chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

	Percent
A. Yes	45.4%
B. No	54.6%

Q-42 How old were you when you used chewing tobacco, snuff, or dip for the first time?

	Percent
A. I have never used chewing tobacco, snuff, or dip	54.8%
B. 8 years old or younger	8.4%
C. 9 or 10 years old	4.9%
D. 11 or 12 years old	6.9%
E. 13 or 14 years old	11.5%
F. 15 or 16 years old	11.3%
G. 17 years old or older	2.1%

Q-43 During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

	Percent
A. 0 days	76.3%
B. 1 or 2 days	8.9%
C. 3 to 5 days	3.2%
D. 6 to 9 days	2.1%
E. 10 to 19 days	2.4%
F. 20 to 29 days	1.4%
G. All 30 days	5.7%

Q-44 During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip on school property?

	Percent
A. 0 days	85.0%
B. 1 or 2 days	5.0%
C. 3 to 5 days	1.7%
D. 6 to 9 days	1.1%
E. 10 to 19 days	1.9%
F. 20 to 29 days	1.2%
G. All 30 days	4.1%

Q-45 Have you ever tried smoking cigars, cigarillos, or little cigars, even one or two puffs?

	Percent
A. Yes	50.4%
B. No	49.6%

Q-46 How old were you when you smoked a cigar, cigarillo, or little cigar for the first time?

	Percent
A. I have never smoked a cigar, cigarillo, or little cigar	50.8%
B. 8 years old or younger	5.2%
C. 9 or 10 years old	4.6%
D. 11 or 12 years old	8.1%
E. 13 or 14 years old	15.5%
F. 15 or 16 years old	12.7%
G. 17 years old or older	3.0%

Q-47 During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?

	Percent
A. 0 days	83.5%
B. 1 or 2 days	9.6%
C. 3 to 5 days	3.7%
D. 6 to 9 days	1.6%
E. 10 to 19 days	0.7%
F. 20 to 29 days	0.8%
G. All 30 days	0.1%

Q-48 During the past 30 days, on how many days did you smoke bidis (small brown cigarettes from India consisting of tobacco wrapped in a leaf tied with a thread)?

	Percent
A. 0 days	91.0%
B. 1 or 2 days	4.7%
C. 3 to 5 days	1.7%
D. 6 to 9 days	0.7%
E. 10 to 19 days	0.6%
F. 20 to 29 days	0.1%
G. All 30 days	1.2%

Q-49 During the past 12 months, have you participated in any community events to discourage people your age from using cigarettes, chewing tobacco, snuff, or cigars?

	Percent
A. Yes	21.6%
B. No	78.4%

The next 5 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

Q-50 During your life, on how many days have you had at least one drink of alcohol?

	Percent
A. 0 days	17.3%
B. 1 or 2 days	14.0%
C. 3 to 9 days	13.1%
D. 10 to 19 days	10.4%
E. 20 to 39 days	11.5%
F. 40 to 99 days	11.2%
G. 100 or more days	22.5%

Q-51 How old were you when you had your first drink of alcohol other than a few sips?

	Percent
A. I have never had a drink of alcohol other than a few sips	17.7%
B. 8 years old or younger	18.9%
C. 9 or 10 years old	11.6%
D. 11 or 12 years old	16.7%
E. 13 or 14 years old	21.5%
F. 15 or 16 years old	11.8%
G. 17 years old or older	1.8%

Q-52 During the past 30 days, on how many days did you have at least one drink of alcohol?

	Percent
A. 0 days	40.6%
B. 1 or 2 days	19.3%
C. 3 to 5 days	14.2%
D. 6 to 9 days	11.0%
E. 10 to 19 days	9.3%
F. 20 to 29 days	2.3%
G. All 30 days	3.2%

Q-53 During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

	Percent
A. 0 days	51.0%
B. 1 day	13.5%
C. 2 days	10.4%
D. 3 to 5 days	10.3%
E. 6 to 9 days	7.3%
F. 10 to 19 days	4.3%
G. 20 or more days	3.2%

Q-54 During the past 30 days, on how many days did you have at least one drink of alcohol on school property?

	Percent
A. 0 days	86.5%
B. 1 or 2 days	6.2%
C. 3 to 5 days	3.1%
D. 6 to 9 days	1.3%
E. 10 to 19 days	1.0%
F. 20 to 29 days	0.4%
G. All 30 days	1.6%

The next 4 questions ask about marijuana use. Marijuana also is called grass or pot.

Q-55 During your life, how many times have you used marijuana?

	Percent
A. 0 times	48.6%
B. 1 or 2 times	9.7%
C. 3 to 9 times	10.1%
D. 10 to 19 times	4.6%
E. 20 to 39 times	5.0%
F. 40 to 99 times	4.6%
G. 100 or more times	17.5%

Q-56 How old were you when you tried marijuana for the first time?

	Percent
A. I have never tried marijuana	49.4%
B. 8 years old or younger	4.5%
C. 9 or 10 years old	6.4%
D. 11 or 12 years old	8.9%
E. 13 or 14 years old	16.6%
F. 15 or 16 years old	11.8%
G. 17 years old or older	2.3%

Q-57 During the past 30 days, how many times did you use marijuana?

	Percent
A. 0 times	70.0%
B. 1 or 2 times	8.1%
C. 3 to 9 times	5.7%
D. 10 to 19 times	4.0%
E. 20 to 39 times	3.9%
F. 40 or more times	8.1%

Q-58 During the past 30 days, how many times did you use marijuana on school property?

	Percent
A. 0 times	87.7%
B. 1 or 2 times	4.5%
C. 3 to 9 times	2.6%
D. 10 to 19 times	1.6%
E. 20 to 39 times	0.6%
F. 40 or more times	2.9%

The next 9 questions ask about other drugs.

Q-59 During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?

	Percent
A. 0 times	85.3%
B. 1 or 2 times	5.1%
C. 3 to 9 times	3.8%
D. 10 to 19 times	1.4%
E. 20 to 39 times	1.0%
F. 40 or more times	3.5%

Q-60 During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?

	Percent
A. 0 times	91.1%
B. 1 or 2 times	3.6%
C. 3 to 9 times	1.8%
D. 10 to 19 times	0.9%
E. 20 to 39 times	0.7%
F. 40 or more times	2.0%

Q-61 During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

	Percent
A. 0 times	80.3%
B. 1 or 2 times	8.6%
C. 3 to 9 times	4.7%
D. 10 to 19 times	2.4%
E. 20 to 39 times	1.2%
F. 40 or more times	3.0%

Q-62 During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

	Percent
A. 0 times	89.8%
B. 1 or 2 times	4.9%
C. 3 to 9 times	2.5%
D. 10 to 19 times	1.1%
E. 20 to 39 times	0.2%
F. 40 or more times	1.6%

Q-63 During your life, how many times have you used heroin (also called smack, junk, or China White)?

	Percent
A. 0 times	92.9%
B. 1 or 2 times	2.9%
C. 3 to 9 times	1.0%
D. 10 to 19 times	0.9%
E. 20 to 39 times	0.5%
F. 40 or more times	1.8%

Q-64 During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?

	Percent
A. 0 times	84.1%
B. 1 or 2 times	6.4%
C. 3 to 9 times	2.5%
D. 10 to 19 times	2.0%
E. 20 to 39 times	1.4%
F. 40 or more times	3.6%

Q-65 During your life, how many times have you taken steroid pills or shots without a doctor's prescription?

	Percent
A. 0 times	90.4%
B. 1 or 2 times	3.0%
C. 3 to 9 times	2.6%
D. 10 to 19 times	1.2%
E. 20 to 39 times	0.7%
F. 40 or more times	2.2%

Q-66 During your life, how many times have you used a needle to inject any illegal drug into your body?

	Percent
A. 0 times	93.7%
B. 1 time	2.5%
C. 2 or more times	3.8%

Q-67 During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?

	Percent
A. Yes	31.8%
B. No	68.2%

The next 8 questions ask about sexual behavior.

Q-68 Have you ever had sexual intercourse?

	Percent
A. Yes	52.3%
B. No	47.7%

Q-69 How old were you when you had sexual intercourse for the first time?

	Percent
A. I have never had sexual intercourse	48.7%
B. 11 years old or younger	7.3%
C. 12 years old	4.9%
D. 13 years old	7.0%
E. 14 years old	8.4%
F. 15 years old	11.6%
G. 16 years old	7.7%
H. 17 years old or older	4.5%

Q-70 During your life, with how many people have you had sexual intercourse?

	Percent
A. I have never had sexual intercourse	49.2%
B. 1 person	14.9%
C. 2 people	8.2%
D. 3 people	7.7%
E. 4 people	4.0%
F. 5 people	3.1%
G. 6 or more people	13.0%

Q-71 During the past 3 months, with how many people did you have sexual intercourse?

	Percent
A. I have never had sexual intercourse	50.4%
B. I have had sexual intercourse, but not during the past 3 months	17.3%
C. 1 person	20.5%
D. 2 people	4.9%
E. 3 people	1.8%
F. 4 people	0.6%
G. 5 people	0.6%
H. 6 or more people	4.0%

Q-72 Did you drink alcohol or use drugs before you had sexual intercourse the last time?

	Percent
A. I have never had sexual intercourse	48.3%
B. Yes	22.3%
C. No	29.4%

Q-73 The last time you had sexual intercourse, did you or your partner use a condom?

	Percent
A. I have never had sexual intercourse	50.3%
B. Yes	30.2%
C. No	19.4%

Q-74 The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.)

	Percent
A. I have never had sexual intercourse	49.6%
B. No method was used to prevent pregnancy	8.8%
C. Birth control pills	7.6%
D. Condoms	25.3%
E. Depo-Provera (injectable birth control)	2.0%
F. Withdrawal	3.9%
G. Some other method	0.9%
H. Not sure	1.9%

Q-75 How many times have you been pregnant or gotten someone pregnant?

	Percent
A. 0 times	88.1%
B. 1 time	5.6%
C. 2 or more times	3.4%
D. Not sure	2.9%

The next 7 questions ask about body weight.

Q-76 How do you describe your weight?

	Percent
A. Very underweight	6.0%
B. Slightly underweight	12.2%
C. About the right weight	52.2%
D. Slightly overweight	24.7%
E. Very overweight	5.0%

Q-77 Which of the following are you trying to do about your weight?

	Percent
A. Lose weight	44.1%
B. Gain weight	16.3%
C. Stay the same weight	20.5%
D. I am not trying to do anything about my weight	19.0%

Q-78 During the past 30 days, did you exercise to lose weight or to keep from gaining weight?

	Percent
A. Yes	58.8%
B. No	41.2%

Q-79 During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?

	Percent
A. Yes	40.7%
B. No	59.3%

Q-80 During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?

	Percent
A. Yes	22.2%
B. No	77.8%

Q-81 During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)

	Percent
A. Yes	11.1%
B. No	88.9%

Q-82 During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?

	Percent
A. Yes	10.3%
B. No	89.7%

The next 7 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed.

Q-83 During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)

		Percent
A.	I did not drink 100% fruit juice during the past 7 days	19.9%
B.	1 to 3 times during the past 7 days	31.7%
C.	4 to 6 times during the past 7 days	20.3%
D.	1 time per day	7.5%
E.	2 times per day	8.6%
F.	3 times per day	4.4%
G.	4 or more times per day	7.6%

Q-84 During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)

		Percent
A.	I did not eat fruit during the past 7 days	15.2%
B.	1 to 3 times during the past 7 days	37.1%
C.	4 to 6 times during the past 7 days	21.0%
D.	1 time per day	10.0%
E.	2 times per day	7.9%
F.	3 times per day	3.5%
G.	4 or more times per day	5.3%

Q-85 During the past 7 days, how many times did you eat green salad?

		Percent
A.	I did not eat green salad during the past 7 days	28.2%
B.	1 to 3 times during the past 7 days	41.3%
C.	4 to 6 times during the past 7 days	16.6%
D.	1 time per day	8.3%
E.	2 times per day	2.6%
F.	3 times per day	1.0%
G.	4 or more times per day	1.9%

Q-86 During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)

		Percent
A.	I did not eat potatoes during the past 7 days	23.6%
B.	1 to 3 times during the past 7 days	48.2%
C.	4 to 6 times during the past 7 days	17.4%
D.	1 time per day	5.4%
E.	2 times per day	2.7%
F.	3 times per day	0.8%
G.	4 or more times per day	2.0%

Q-87 During the past 7 days, how many times did you eat carrots?

	Percent
A. I did not eat carrots during the past 7 days	44.2%
B. 1 to 3 times during the past 7 days	36.7%
C. 4 to 6 times during the past 7 days	9.7%
D. 1 time per day	4.9%
E. 2 times per day	1.3%
F. 3 times per day	1.1%
G. 4 or more times per day	2.0%

Q-88 During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)

	Percent
A. I did not eat other vegetables during the past 7 days	19.0%
B. 1 to 3 times during the past 7 days	40.1%
C. 4 to 6 times during the past 7 days	20.9%
D. 1 time per day	9.2%
E. 2 times per day	5.3%
F. 3 times per day	2.2%
G. 4 or more times per day	3.2%

Q-89 During the past 7 days, how many glasses of milk did you drink? (Include the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)

	Percent
A. I did not drink milk during the past 7 days	13.2%
B. 1 to 3 glasses during the past 7 days	15.8%
C. 4 to 6 glasses during the past 7 days	17.2%
D. 1 glass per day	12.2%
E. 2 glasses per day	16.0%
F. 3 glasses per day	11.7%
G. 4 or more glasses per day	14.0%

The next 7 questions ask about physical activity.

Q-90 On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?

	Percent
A. 0 days	14.3%
B. 1 day	11.1%
C. 2 days	11.8%
D. 3 days	12.4%
E. 4 days	8.9%
F. 5 days	13.3%
G. 6 days	6.4%
H. 7 days	21.7%

Q-91 On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?

	Percent
A. 0 days	25.9%
B. 1 day	15.6%
C. 2 days	14.0%
D. 3 days	10.8%
E. 4 days	6.6%
F. 5 days	7.9%
G. 6 days	2.6%
H. 7 days	16.6%

Q-92 On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?

	Percent
A. 0 days	20.9%
B. 1 day	12.0%
C. 2 days	12.3%
D. 3 days	13.5%
E. 4 days	9.6%
F. 5 days	13.7%
G. 6 days	3.6%
H. 7 days	14.5%

Q-93 On an average school day, how many hours do you watch TV?

	Percent
A. I do not watch TV on an average school day	12.6%
B. Less than 1 hour per day	20.3%
C. 1 hour per day	15.5%
D. 2 hours per day	20.5%
E. 3 hours per day	15.2%
F. 4 hours per day	8.0%
G. 5 or more hours per day	8.0%

Q-94 In an average week when you are in school, on how many days do you go to physical education (PE) classes?

	Percent
A. 0 days	41.6%
B. 1 day	4.7%
C. 2 days	6.6%
D. 3 days	10.8%
E. 4 days	4.3%
F. 5 days	31.9%

Q-95 During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

	Percent
A. I do not take PE	37.7%
B. Less than 10 minutes	5.1%
C. 10 to 20 minutes	9.8%
D. 21 to 30 minutes	10.1%
E. 31 to 40 minutes	13.8%
F. 41 to 50 minutes	12.6%
G. 51 to 60 minutes	4.1%
H. More than 60 minutes	6.8%

Q-96 During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

	Percent
A. 0 teams	39.5%
B. 1 team	23.0%
C. 2 teams	19.3%
D. 3 or more teams	18.2%

The next question asks about AIDS education.

Q-97 Have you ever been taught about AIDS or HIV infection in school?

	Percent
A. Yes	86.4%
B. No	8.4%
C. Not sure	5.2%

Q-98 At school during the past 12 months, did you receive help from a resource teacher, speech therapist or other special education teacher?

	Percent
A. Yes	100.0%
B. No	0.0%

The following question could have multiple answers regarding tobacco use.

Q-99 During the past 12 months, which of the following did you do to help you stop smoking cigarettes? (Mark ALL that apply.)

	Percent
A. I did not smoke cigarettes during the past 12 months	59.2%
B. I did not try to stop smoking cigarettes in the past 12 months	27.6%
C. I attended a program in my school	4.5%
D. I attended a program in the community	2.9%
E. I called a help line or quit line	2.2%
F. I used nicotine gum or nicotine patch	5.3%
G. I used medicine, other than nicotine gum or patch, to help me stop	2.7%

APPENDIX B

REFERENCED FIGURES

Figure 1
Intentional and unintentional injury risk behaviors of students with disabilities

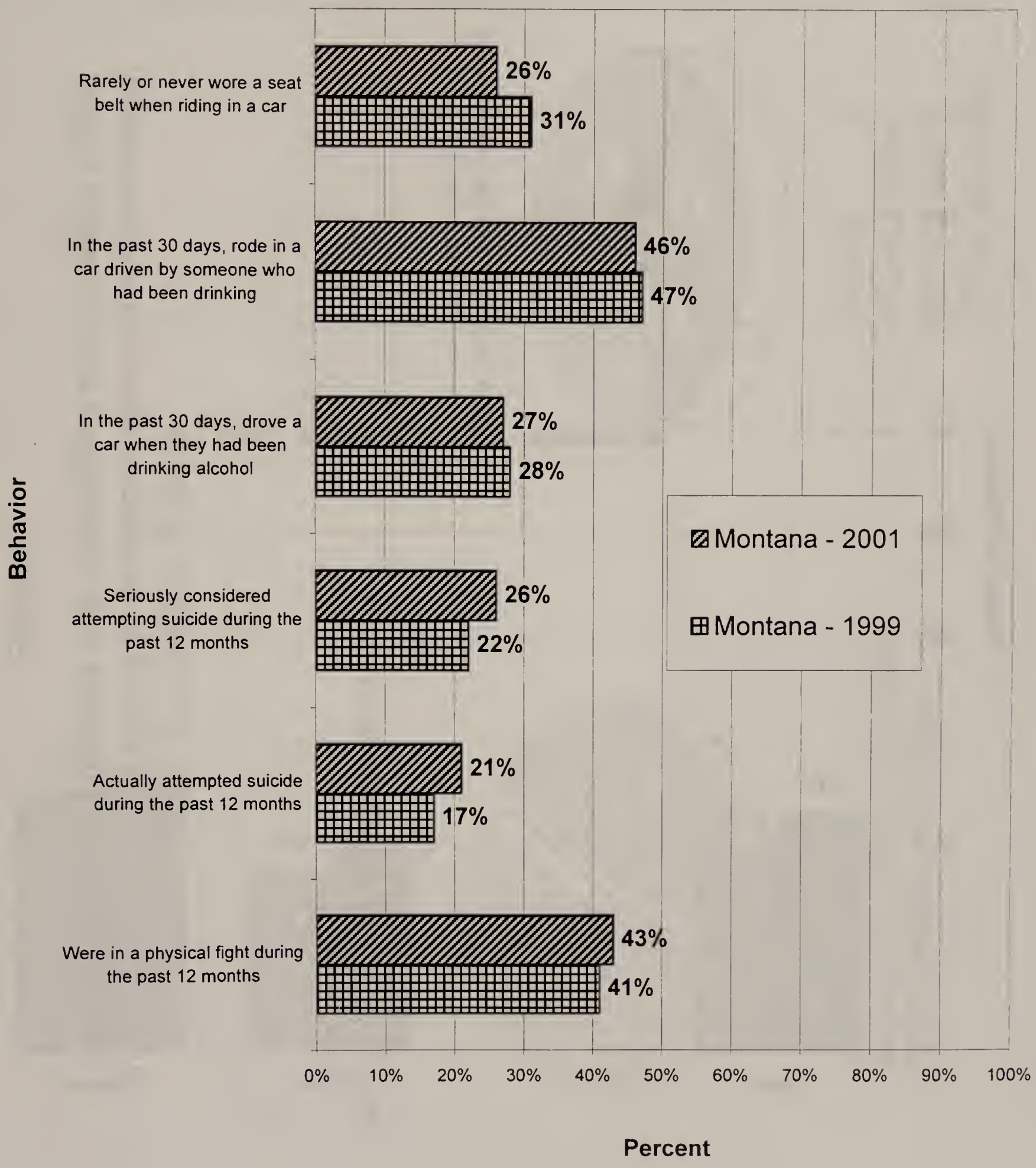


Figure 2
Percent of all students with disabilities who "Always" wear a seat belt when riding in a car driven by someone else

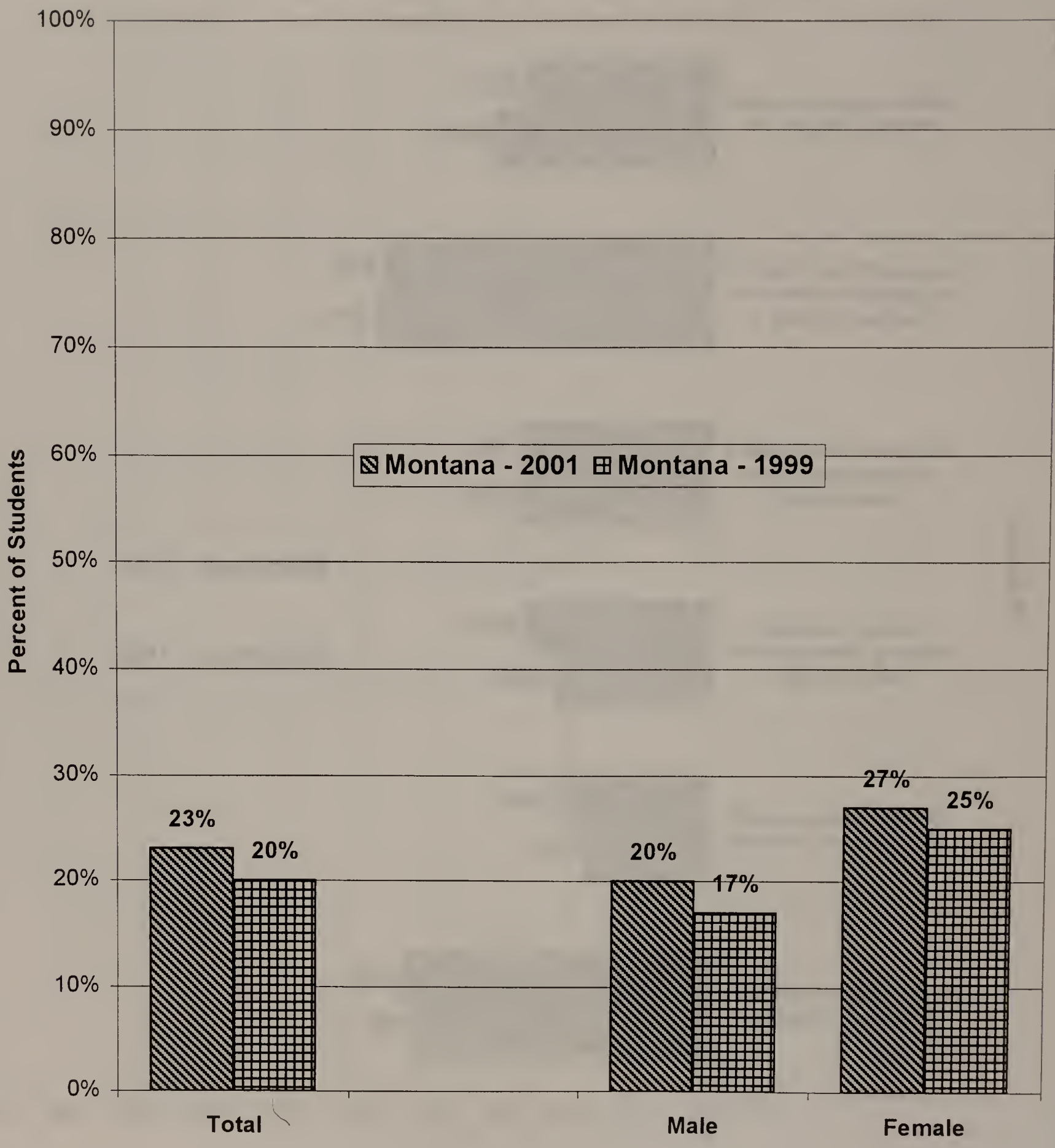


Figure 3

Percent of those students with disabilities who reported riding in a vehicle that was driven by someone who had been drinking, by number of times

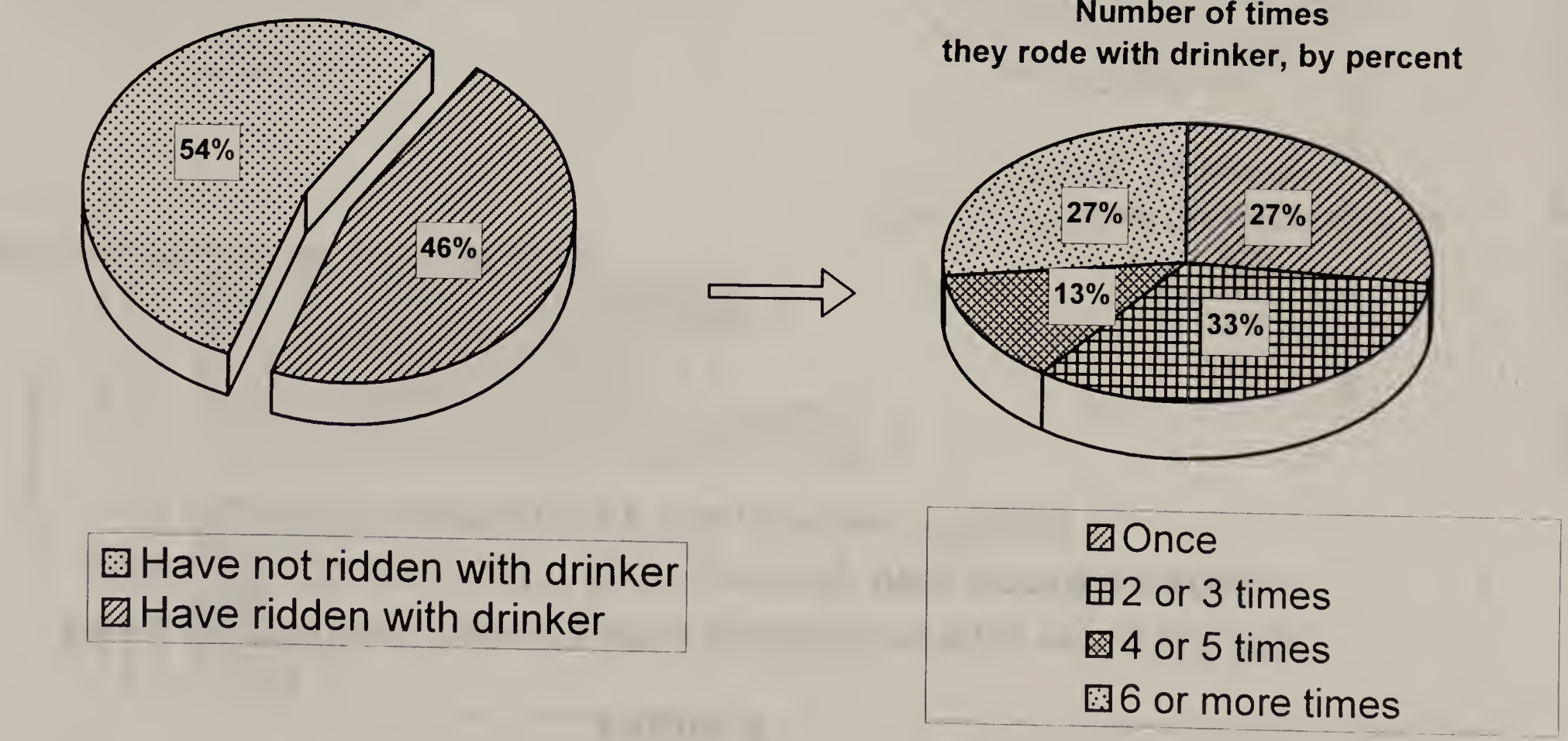


Figure 4

Percent of those students with disabilities who reported that during the 30 days prior to the survey they drove a vehicle after drinking, by the number of times

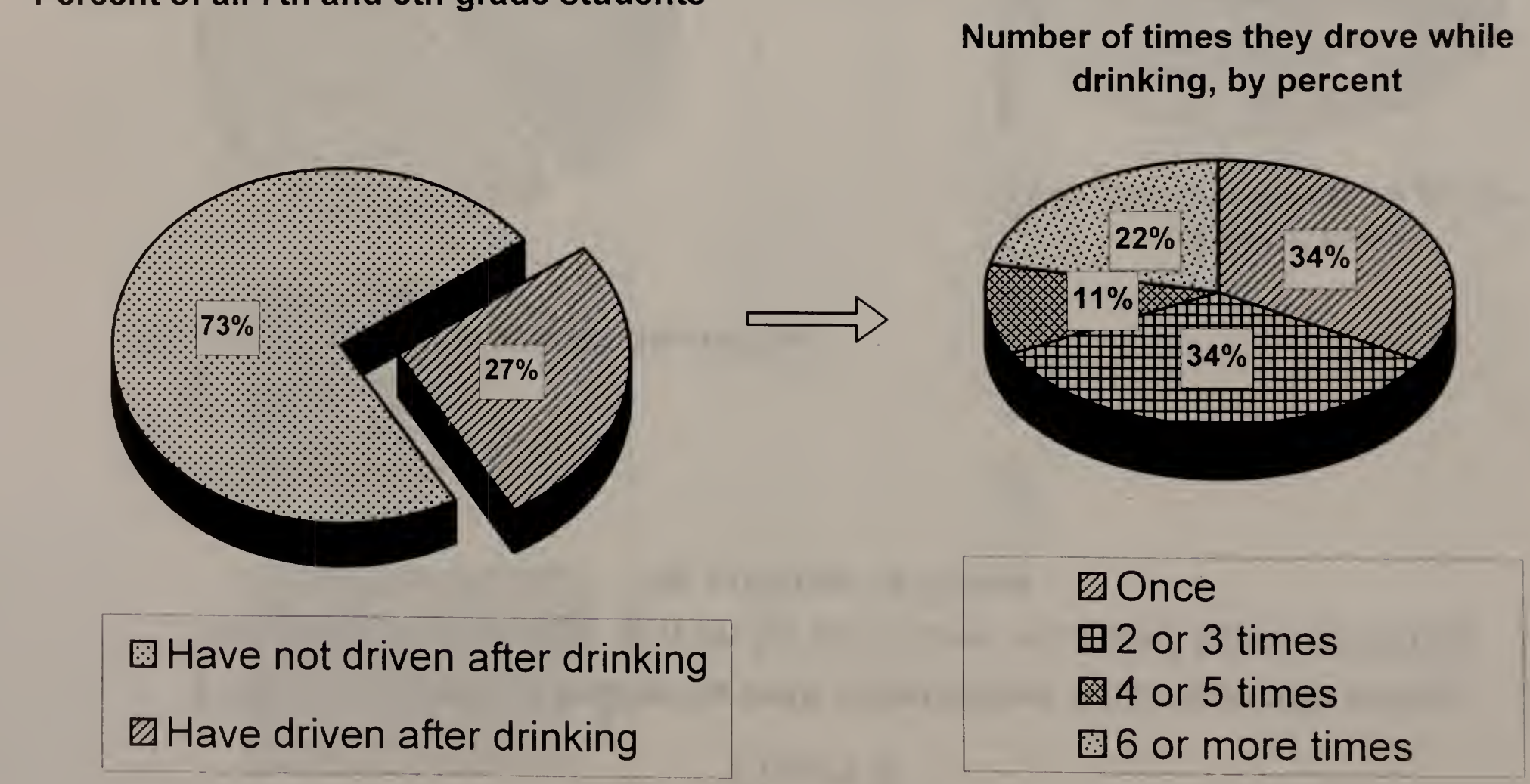


Figure 5
Percent of all students with disabilities involved and/or injured in a physical fight in the past 12 months

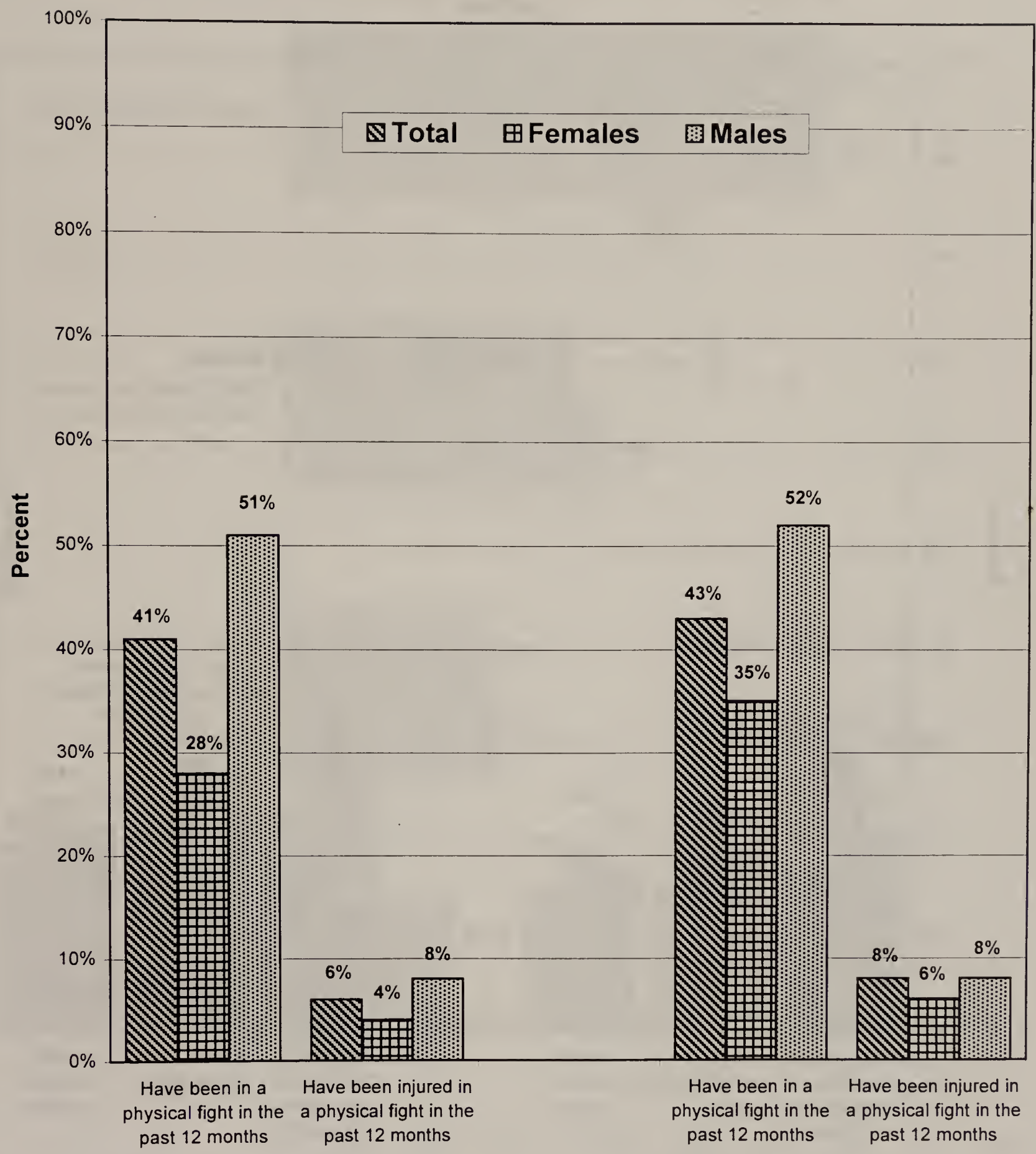


Figure 6
Percent of all students with disabilities who contemplated, planned, or attempted suicide in the past 12 months, by gender

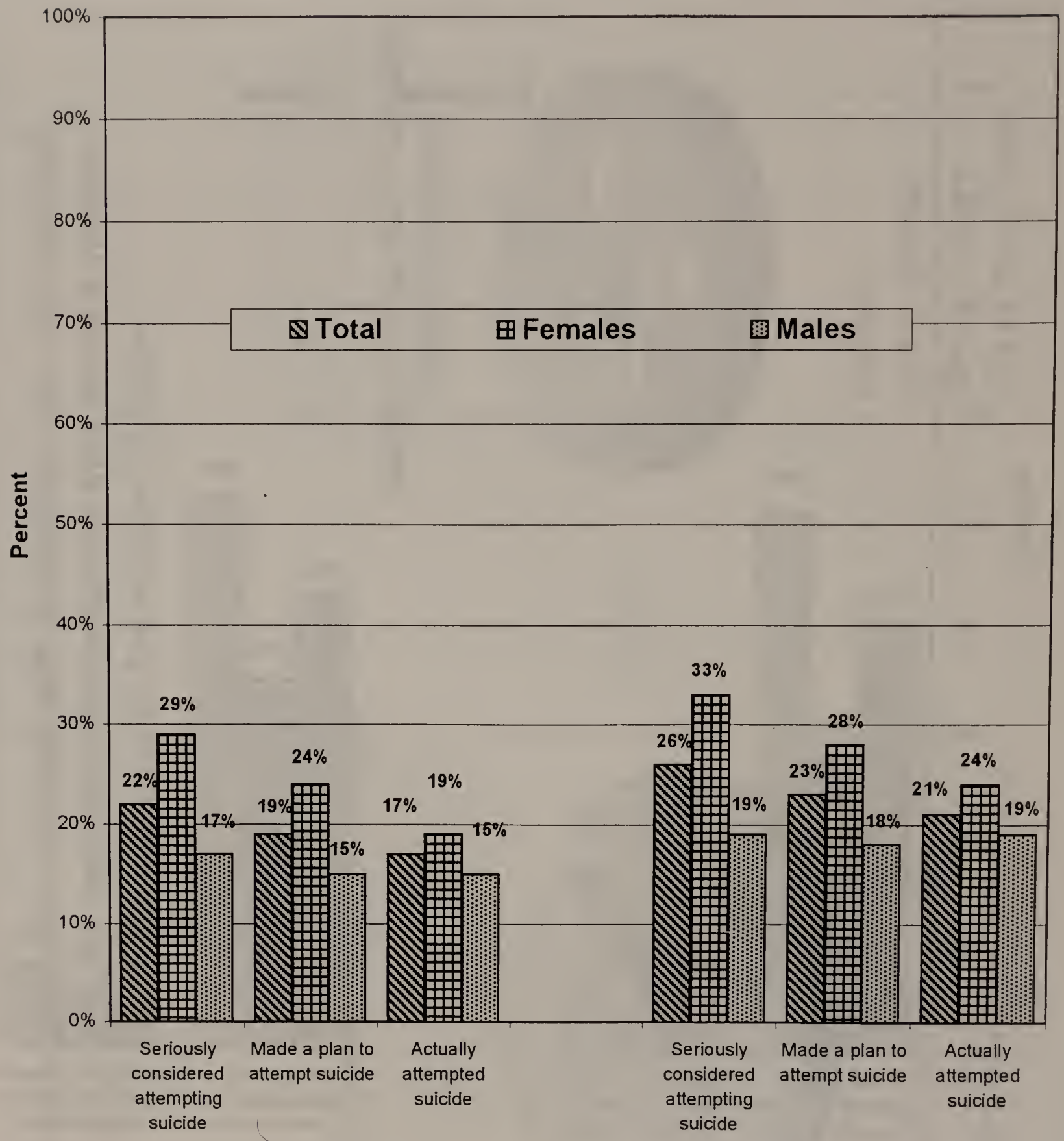


Figure 7
Tobacco use risk behaviors of students with disabilities

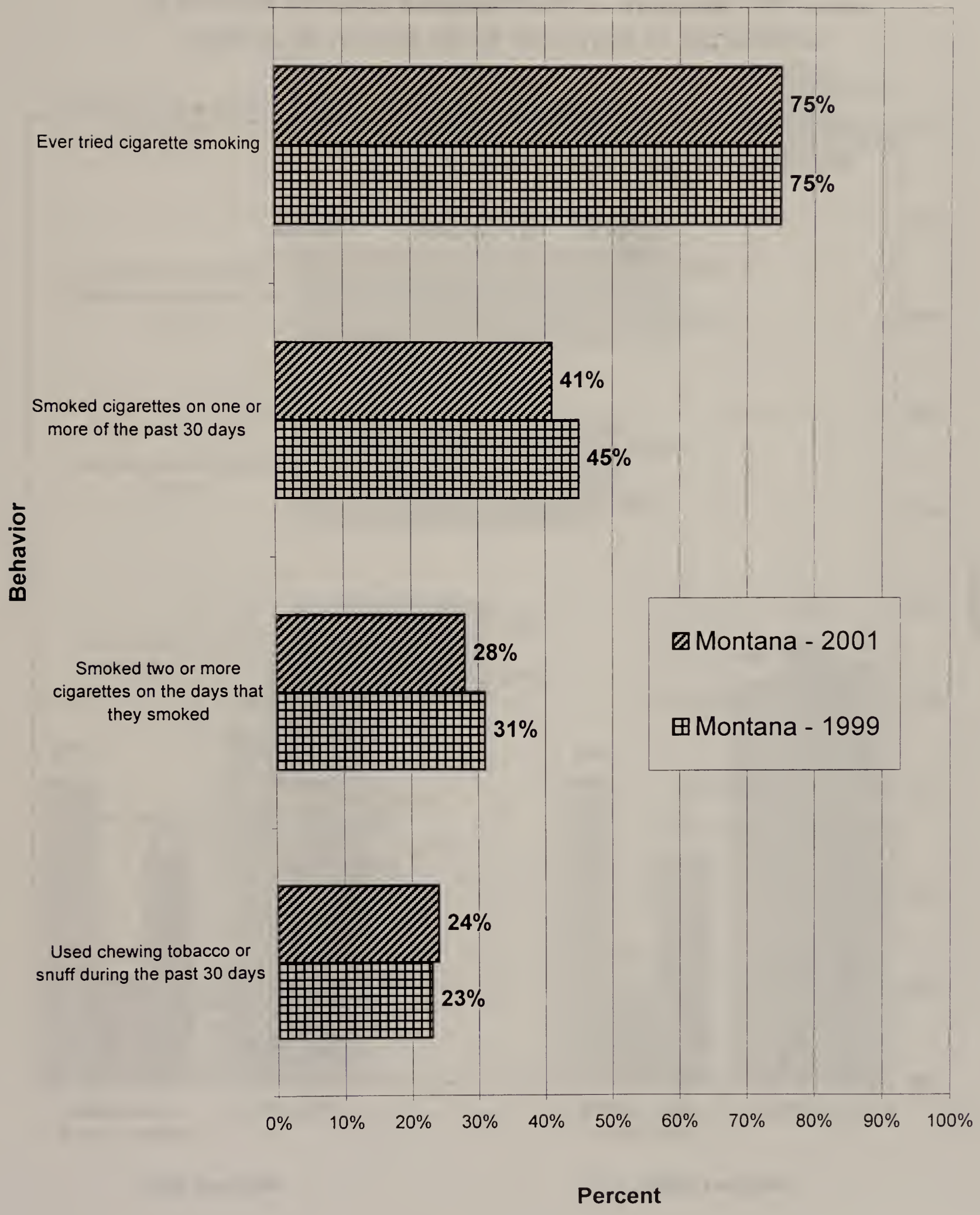


Figure 8

Percent of students with disabilities who reported that they are current smokers or that they used chewing tobacco or snuff in the 30 days prior to the survey, by gender

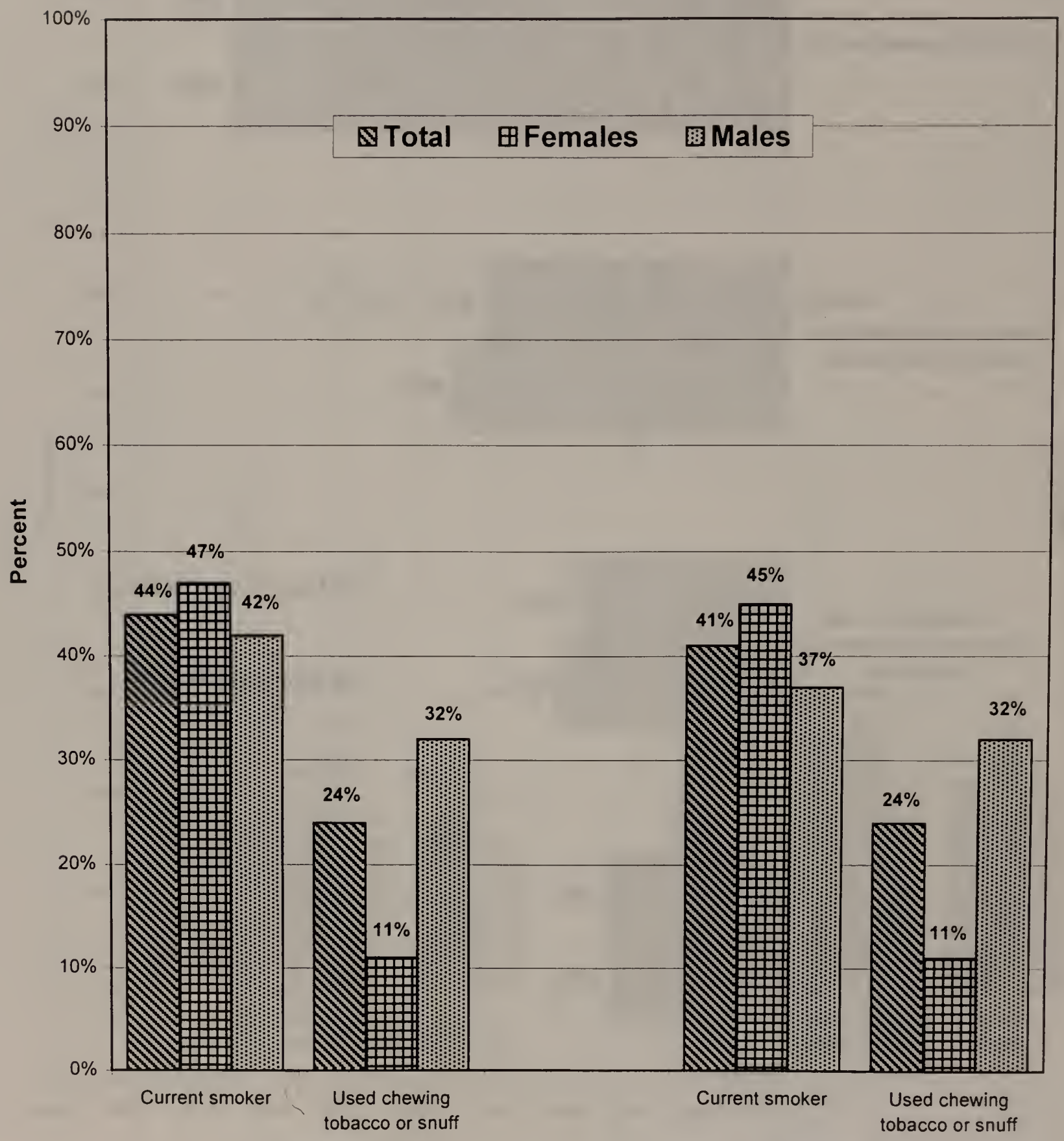


Figure 9
Alcohol and drug abuse risk behaviors of students with disabilities

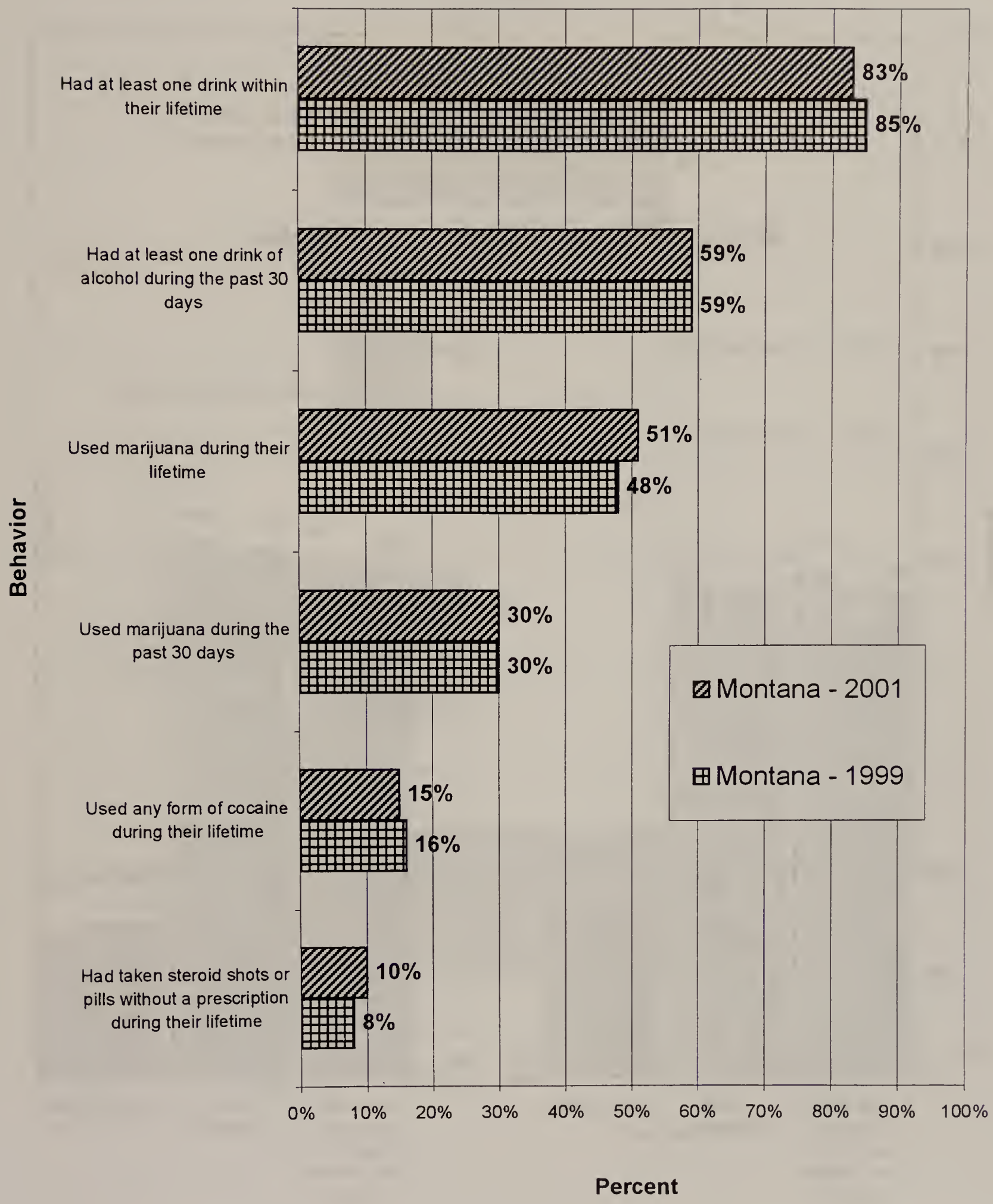


Figure 10
Students with disabilities with a potential for alcohol and drug abuse

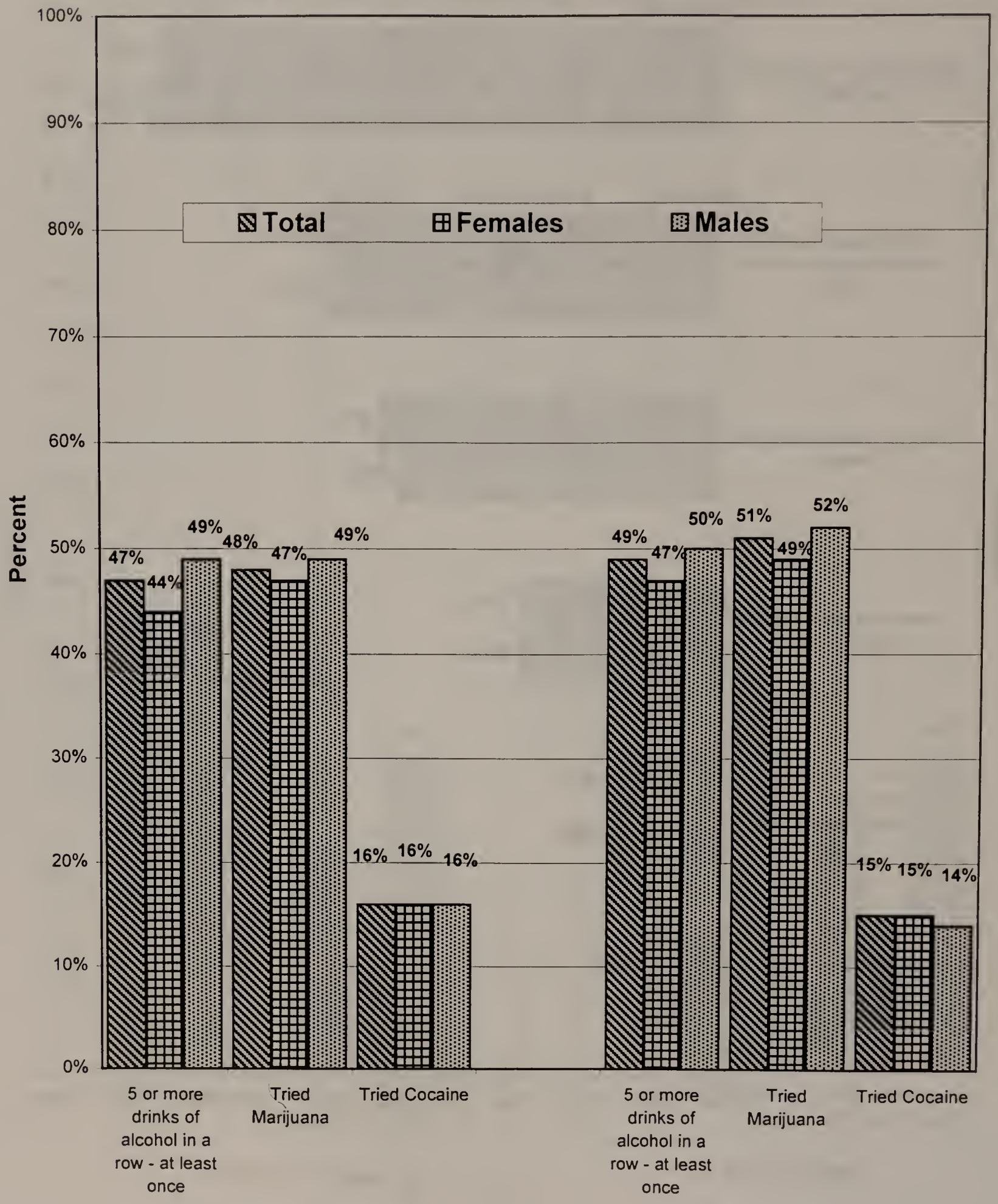


Figure 11
Sexual behaviors of students with disabilities

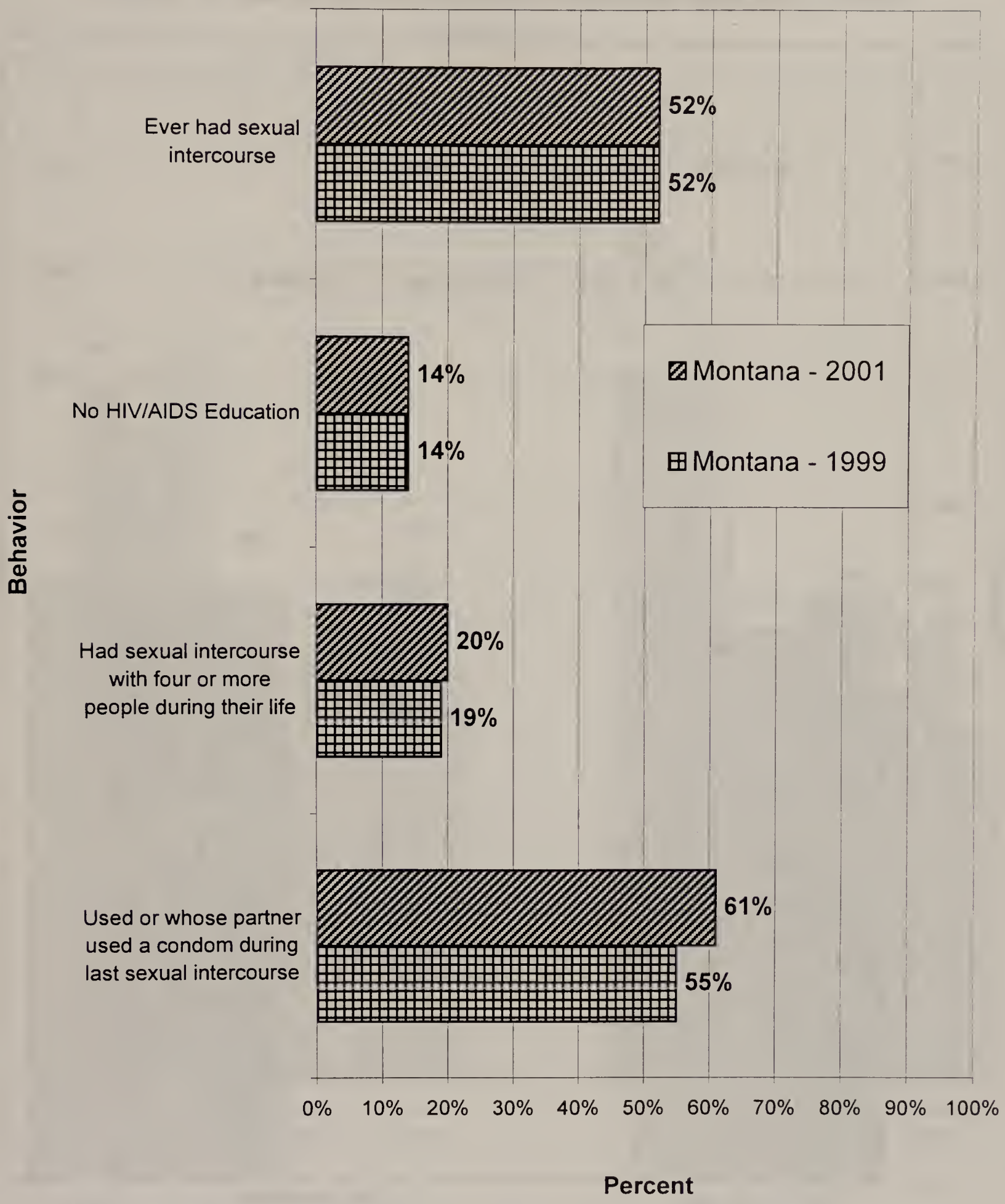


Figure 12
Percent of students with disabilities who reported ever having had sexual intercourse, by gender

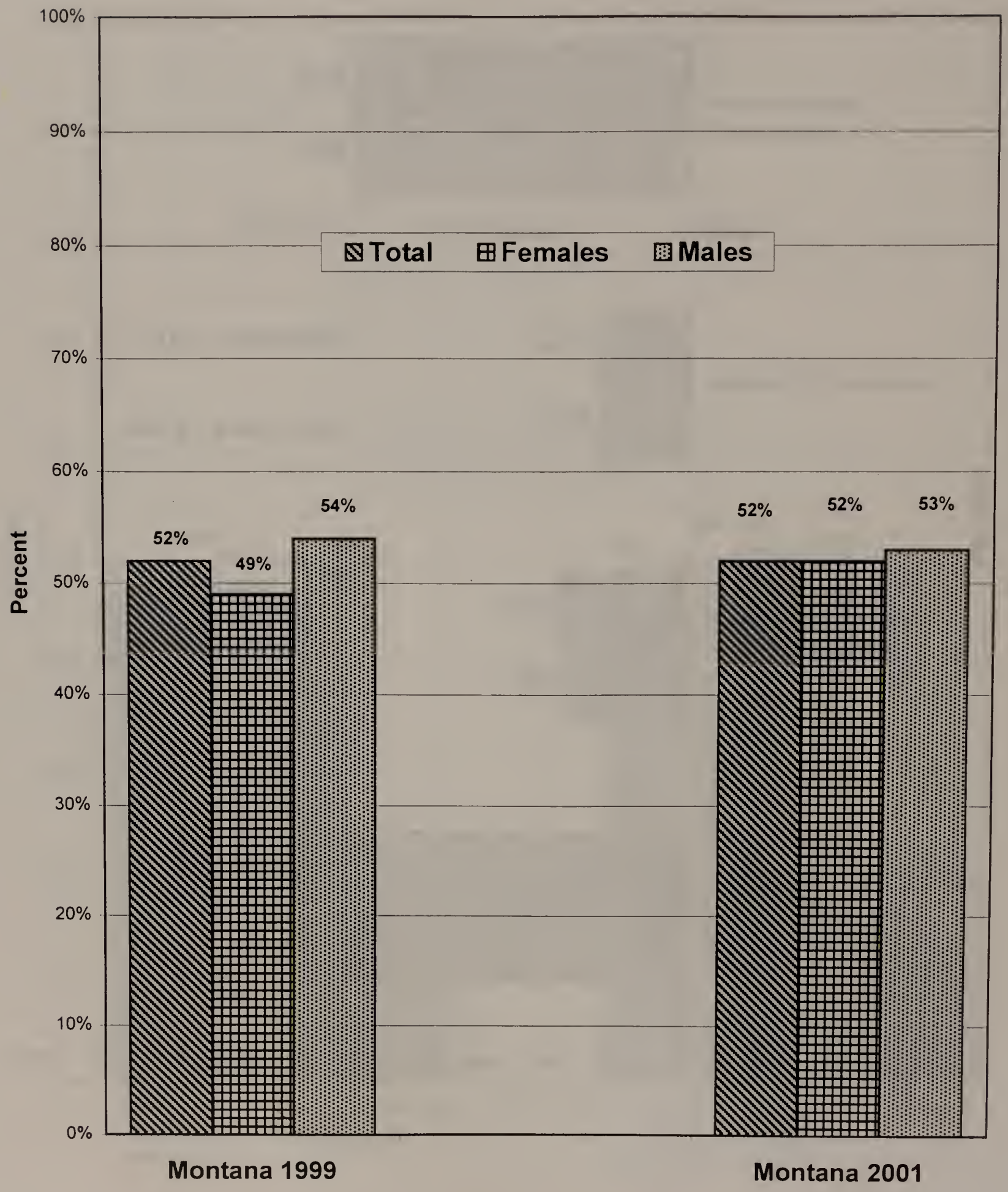


Figure 13
Percent of students with disabilities who ever had sexual intercourse and reported having engaged in high-risk sexual behaviors

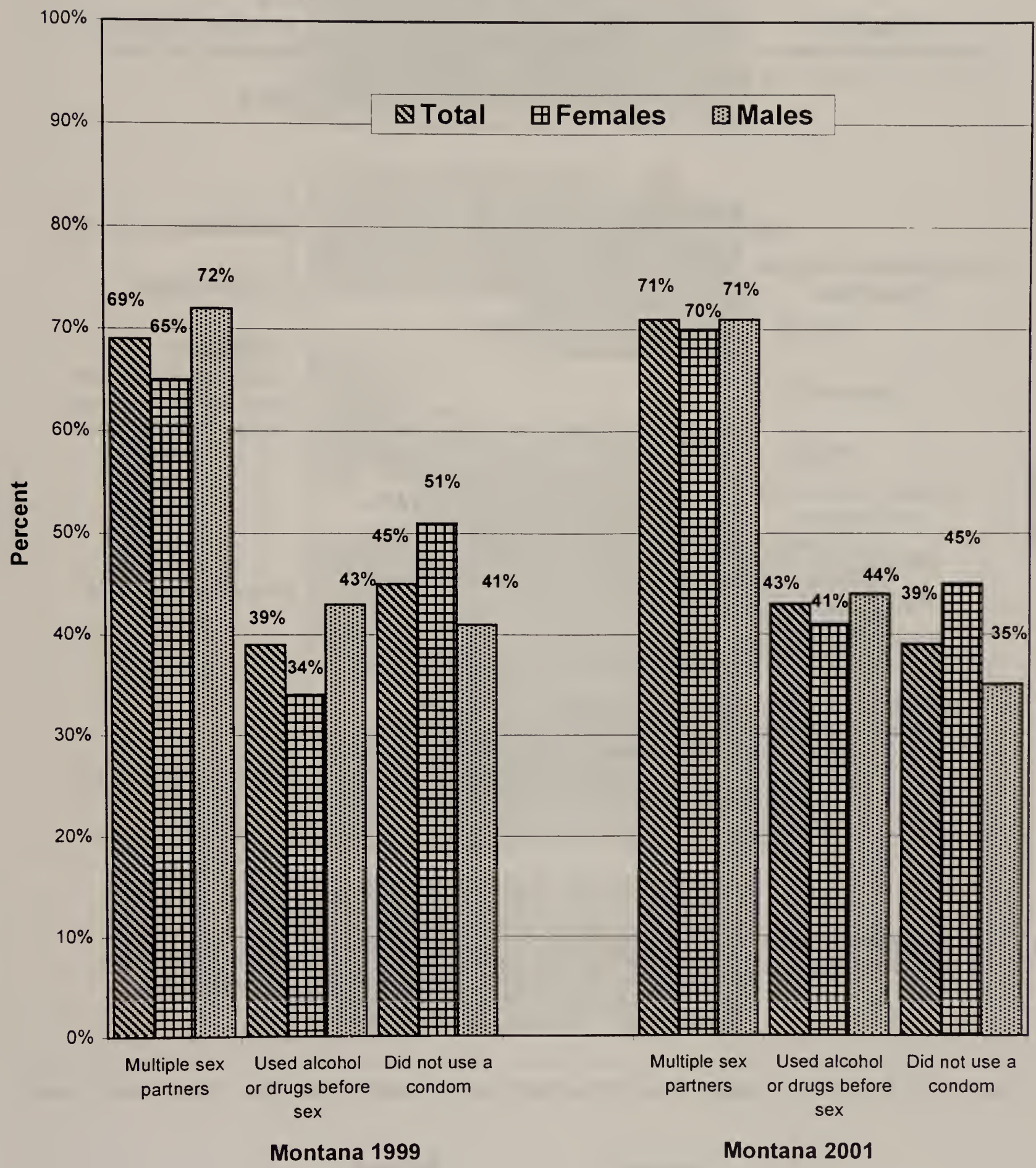


Figure 14
Physical activities of students with disabilities

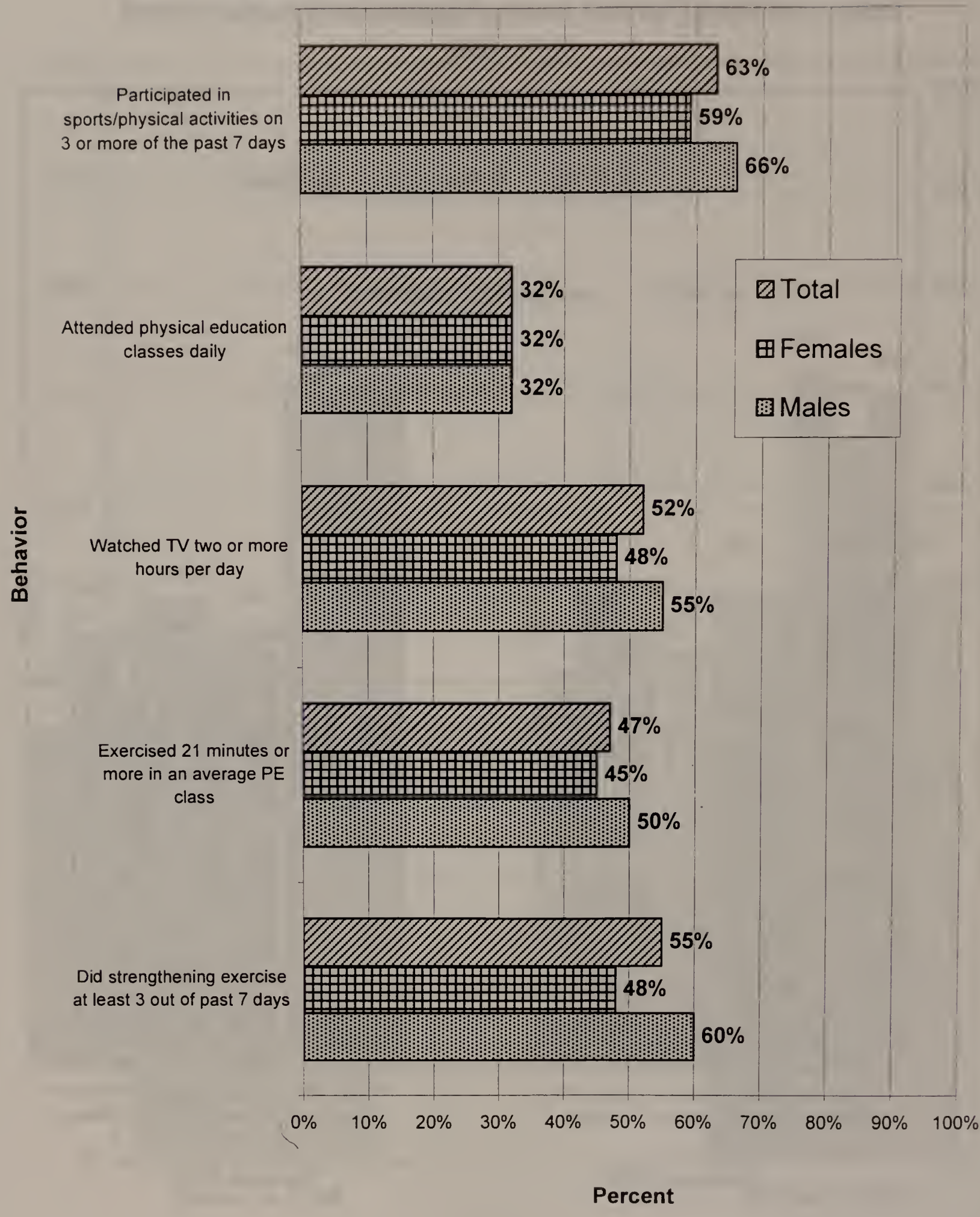
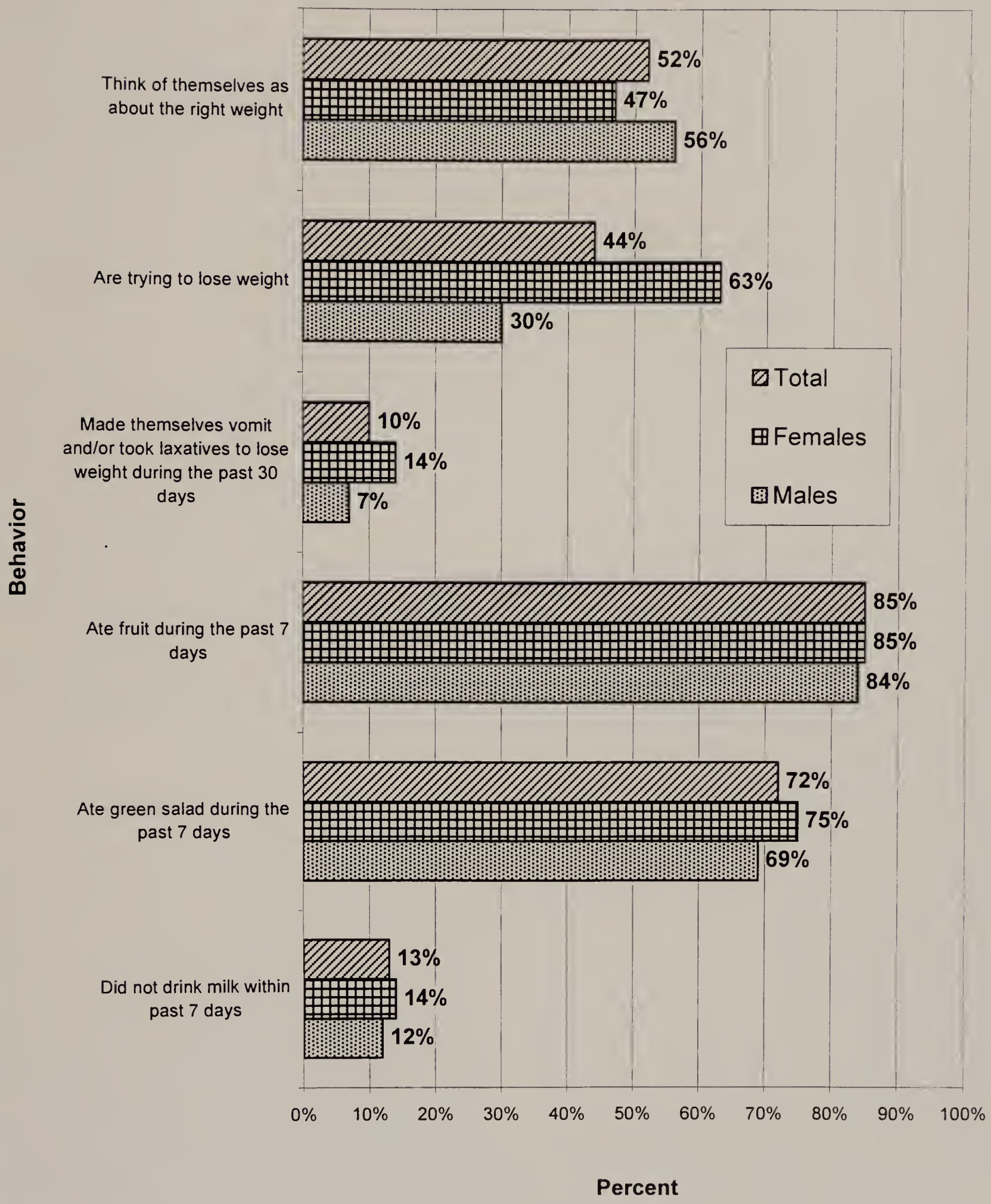


Figure 15
Dietary behaviors of students with disabilities



APPENDIX C

ADDITIONAL CHARTS

List of Charts in Appendix C

Topic	YRBS Question	Chart
Demographic - age	Q-1	1
Demographic - grade	Q-3	2
Seat belt usage	Q-10	3
Seat belt usage	Q-11	4
Physical fighting	Q-22	5
Suicide related	Q-25	6
Tobacco use	Q-33	7
Tobacco use	Q-35	8
Tobacco use	Q-38	9
Alcohol use	Q-50	10
Marijuana use	Q-55	11
Drug use	Q-61	12
Drug use	Q-66	13
Sexual behavior	Q-71	14
Sexual behavior	Q-74	15
Weight	Q-76	16
Physical activity	Q-91	17
Physical activity	Q-95	18
Physical activity	Q-96	19
HIV/AIDS Education	Q-97	20

Chart 1
Q-1 How old are you?

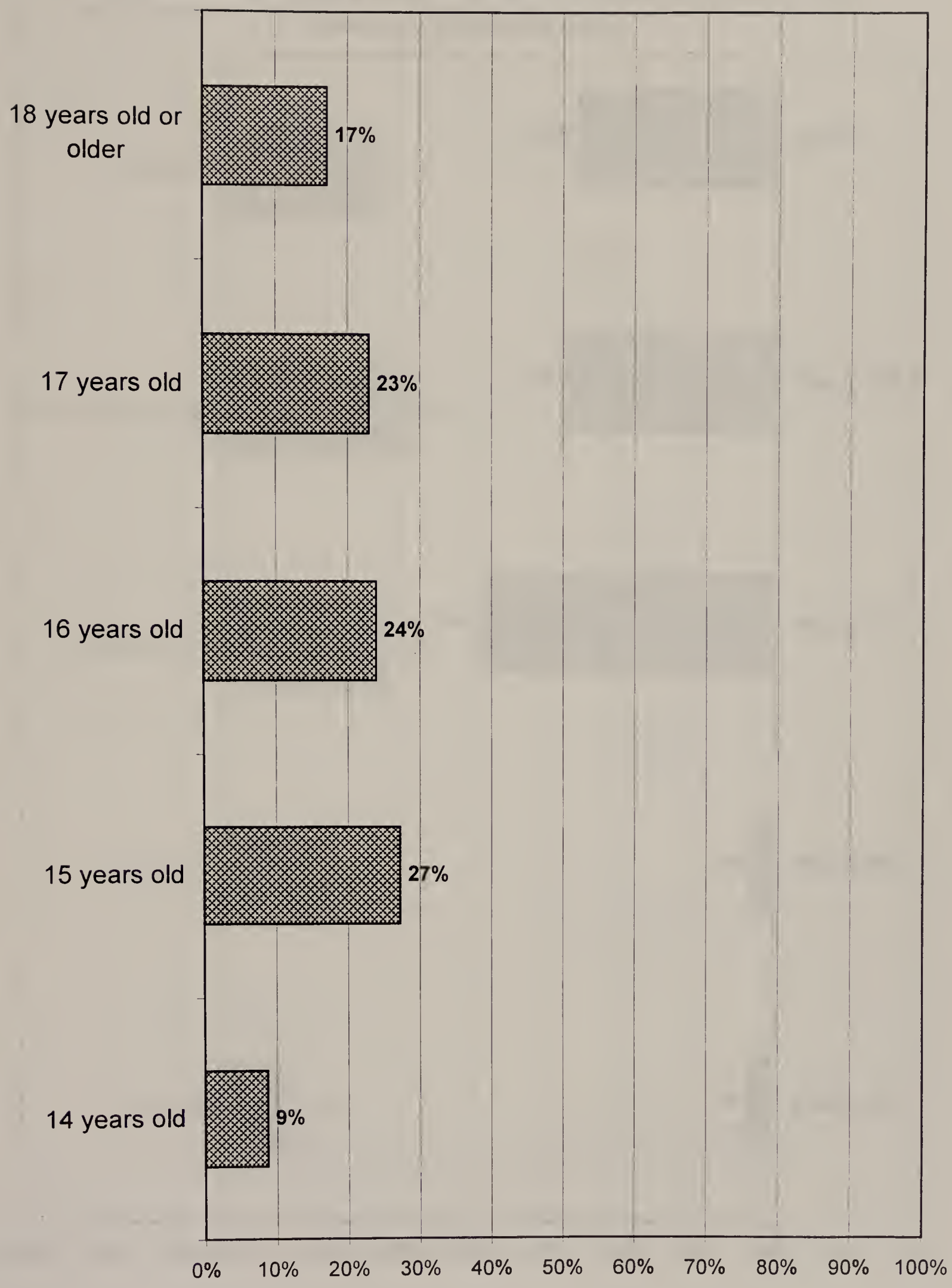


Chart 2
Q-3 In what grade are you?

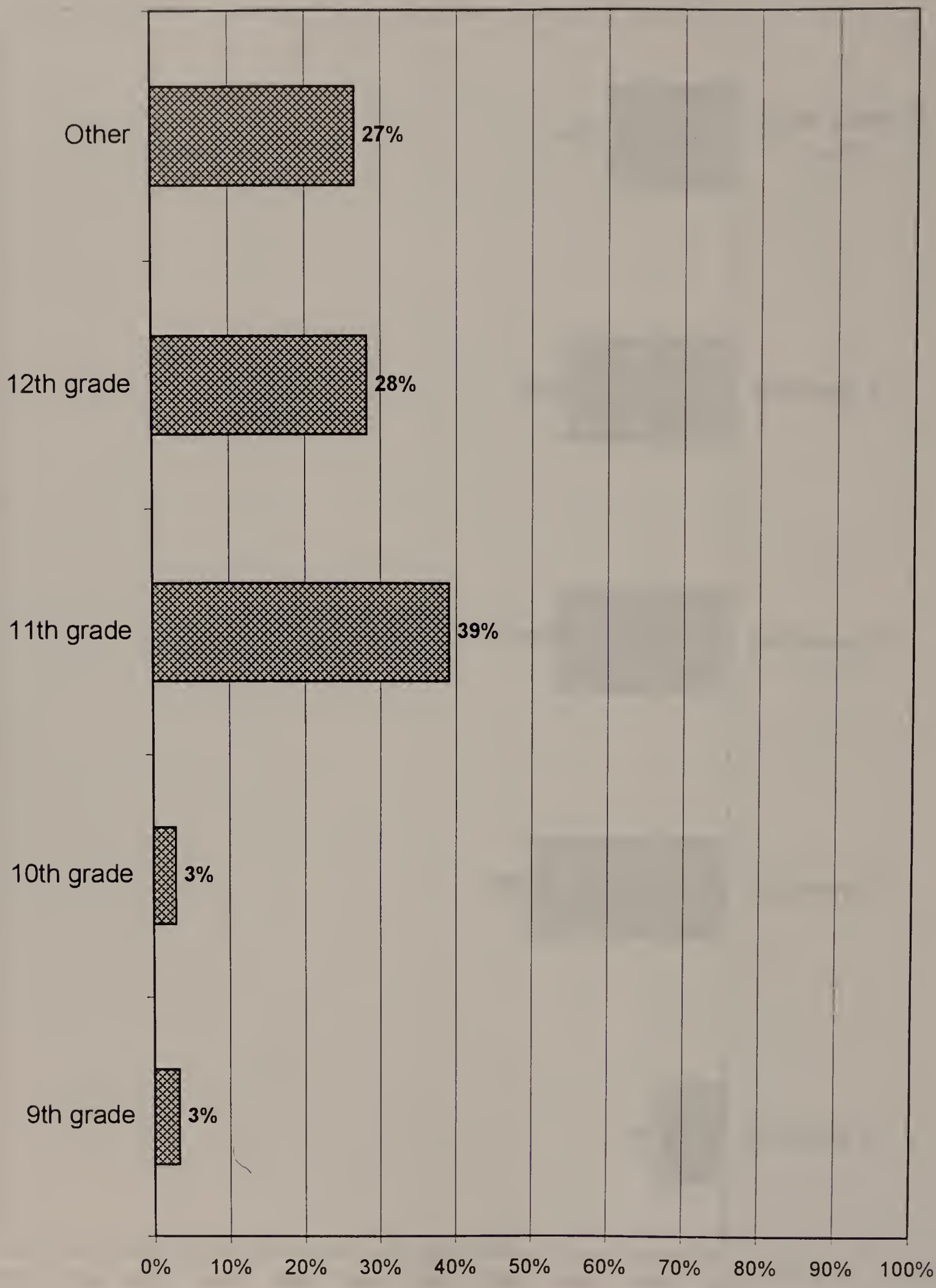


Chart 3

Q-10 How often do you wear a seat belt when riding in a car driven by someone else?

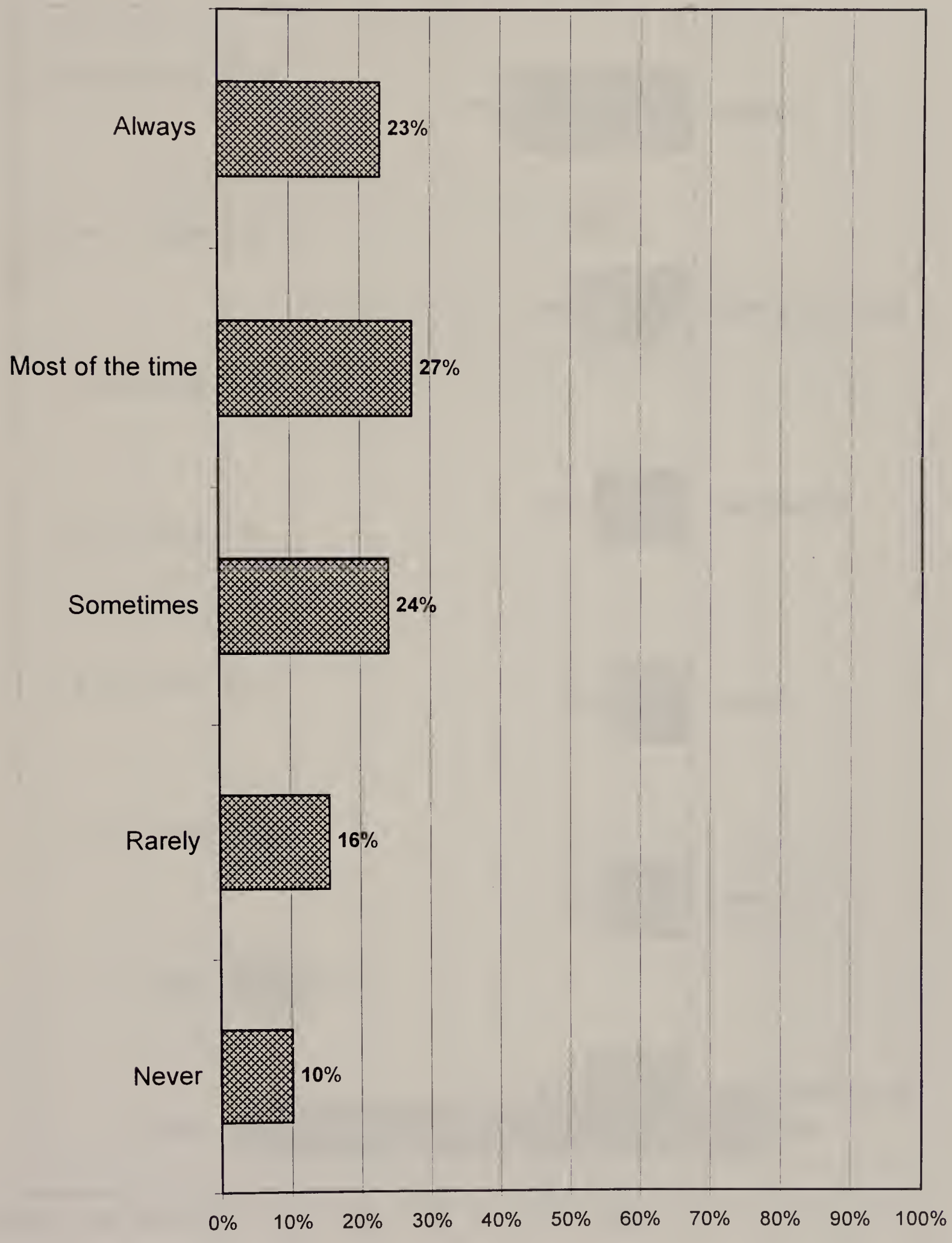


Chart 4

Q-11 How often do you wear a seat belt when driving a car?

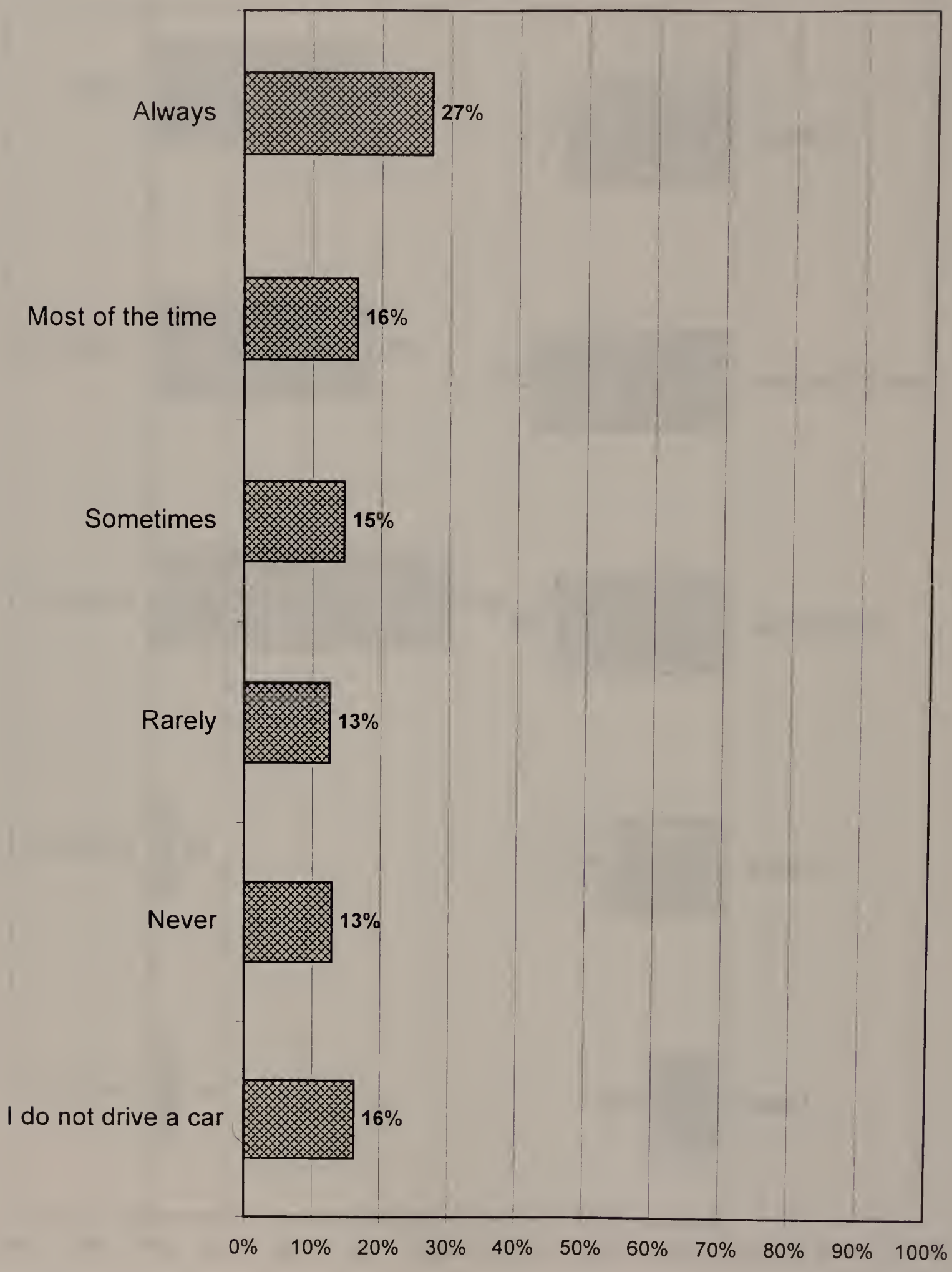


Chart 5

Q-22 During the past 12 months, how many times were you in a physical fight on school property?

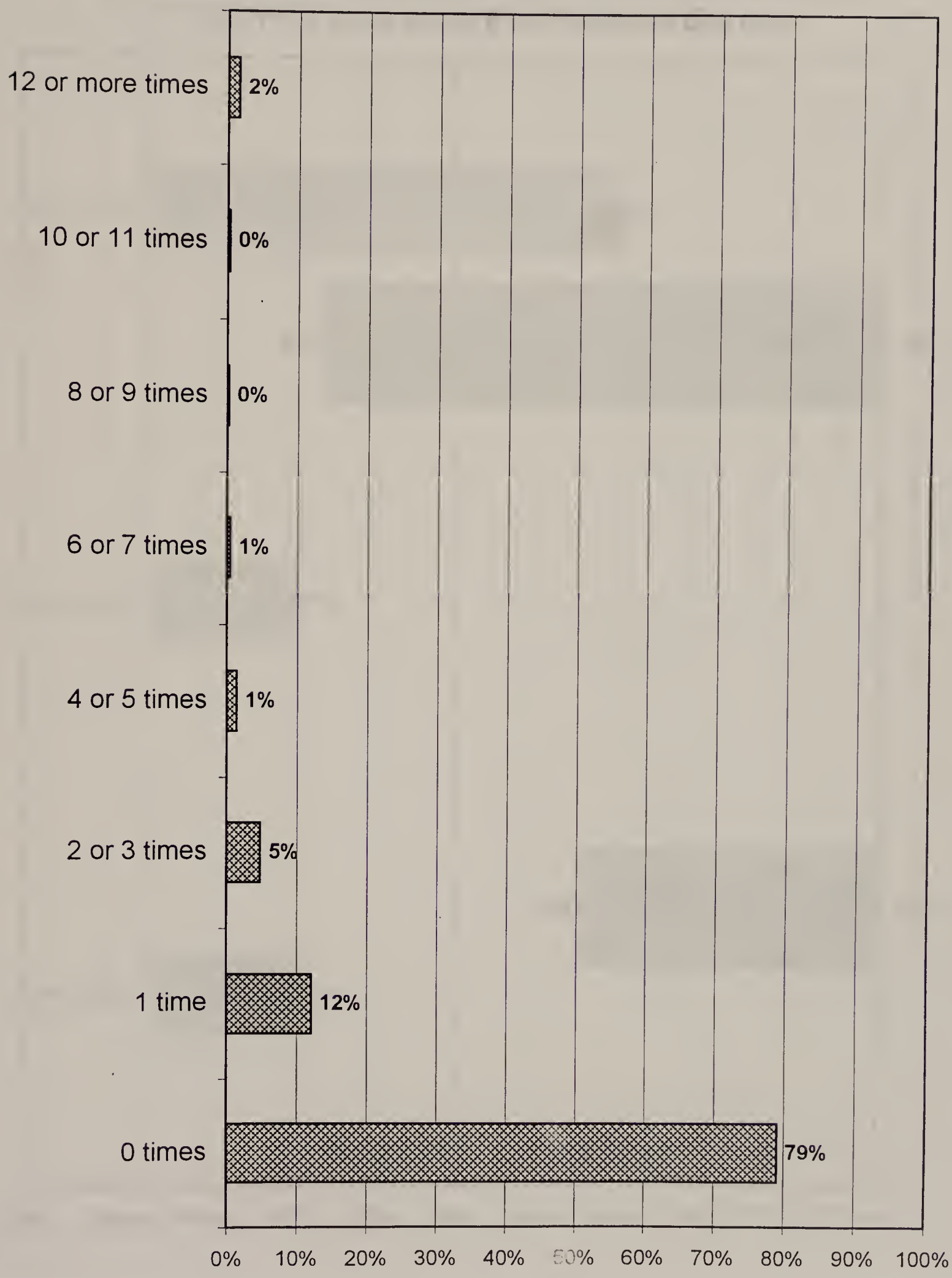


Chart 6

Q-25 During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

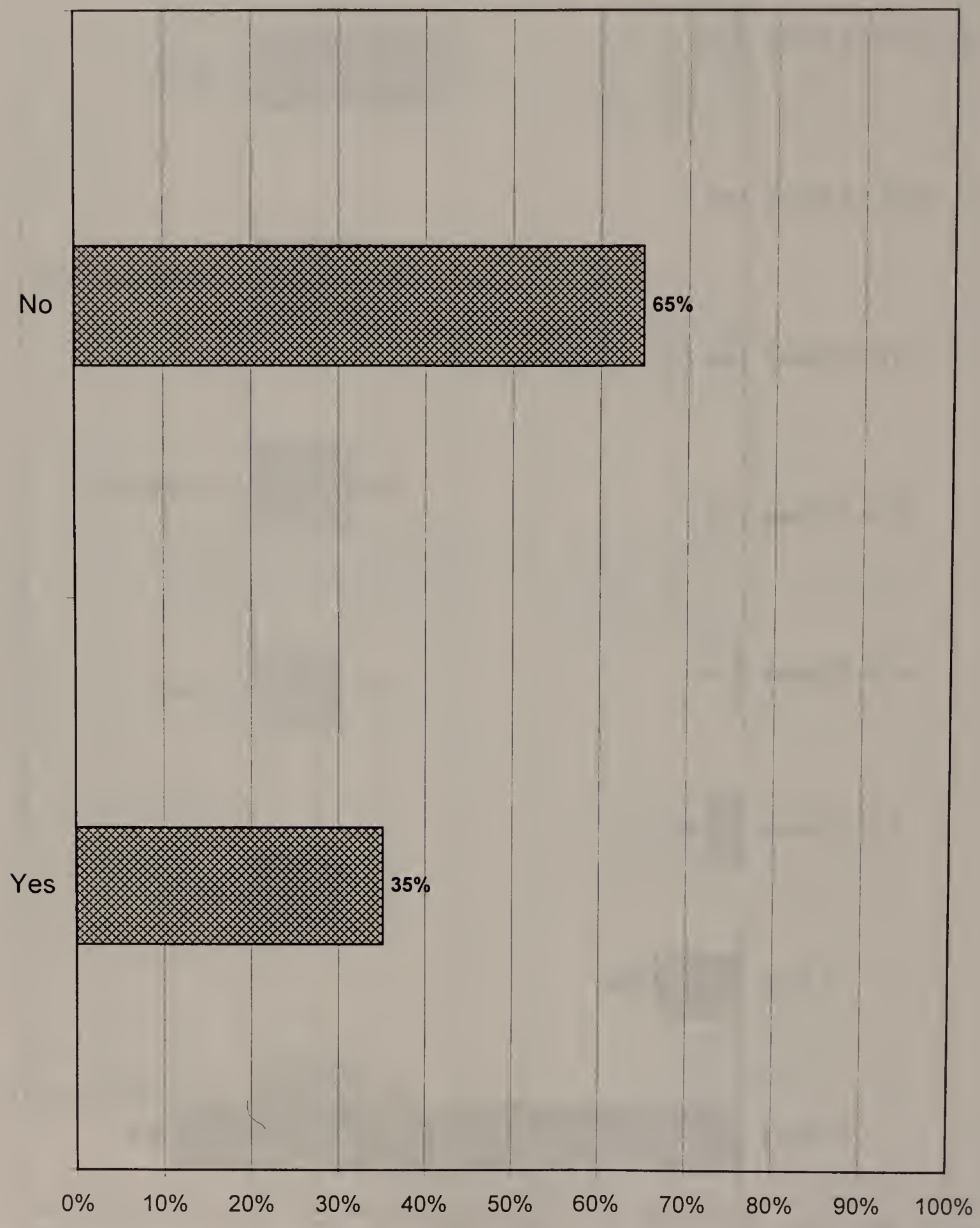


Chart 7

Q-33 Do you now smoke cigarettes every day, some days, or not at all?

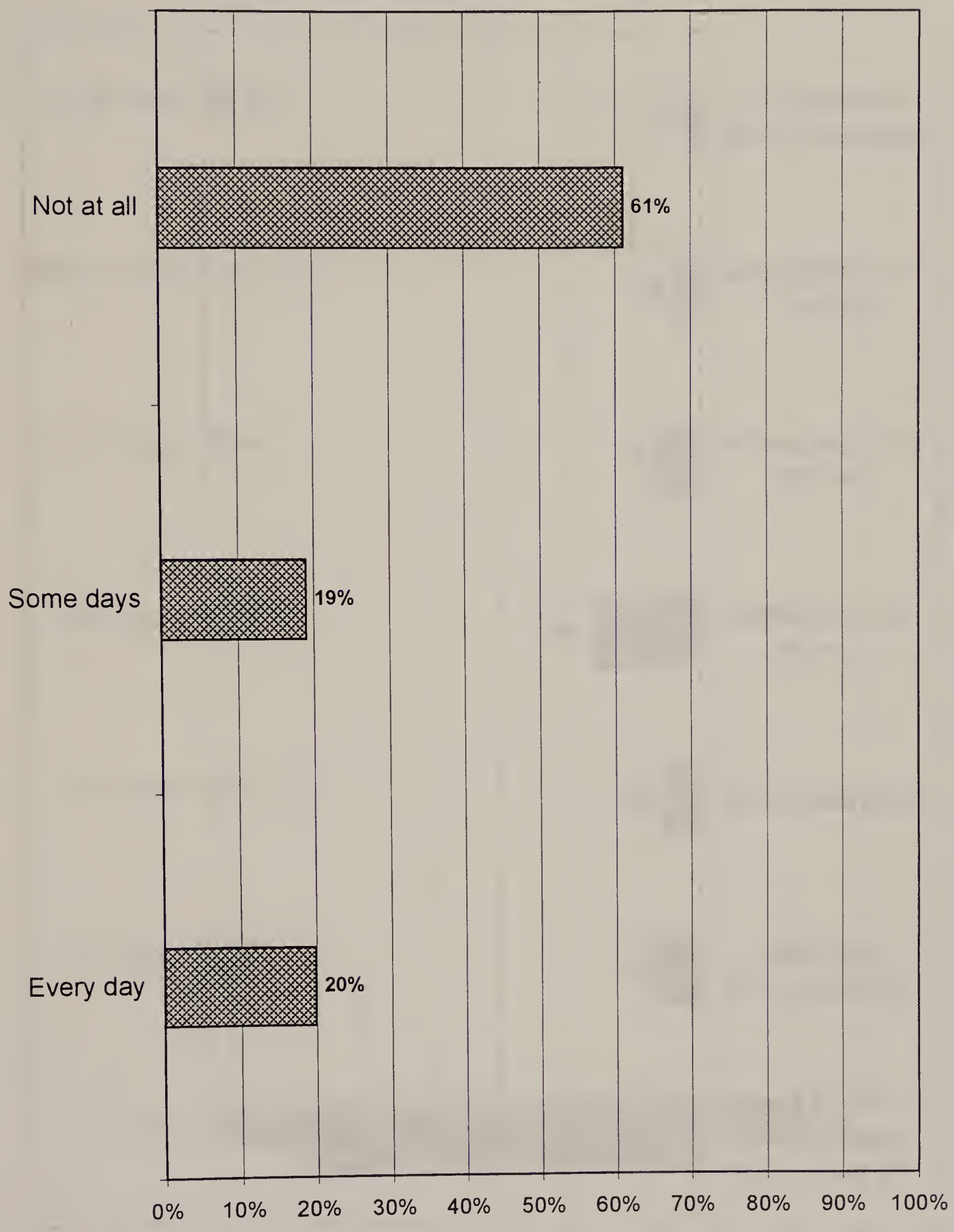


Chart 8

Q-35 During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

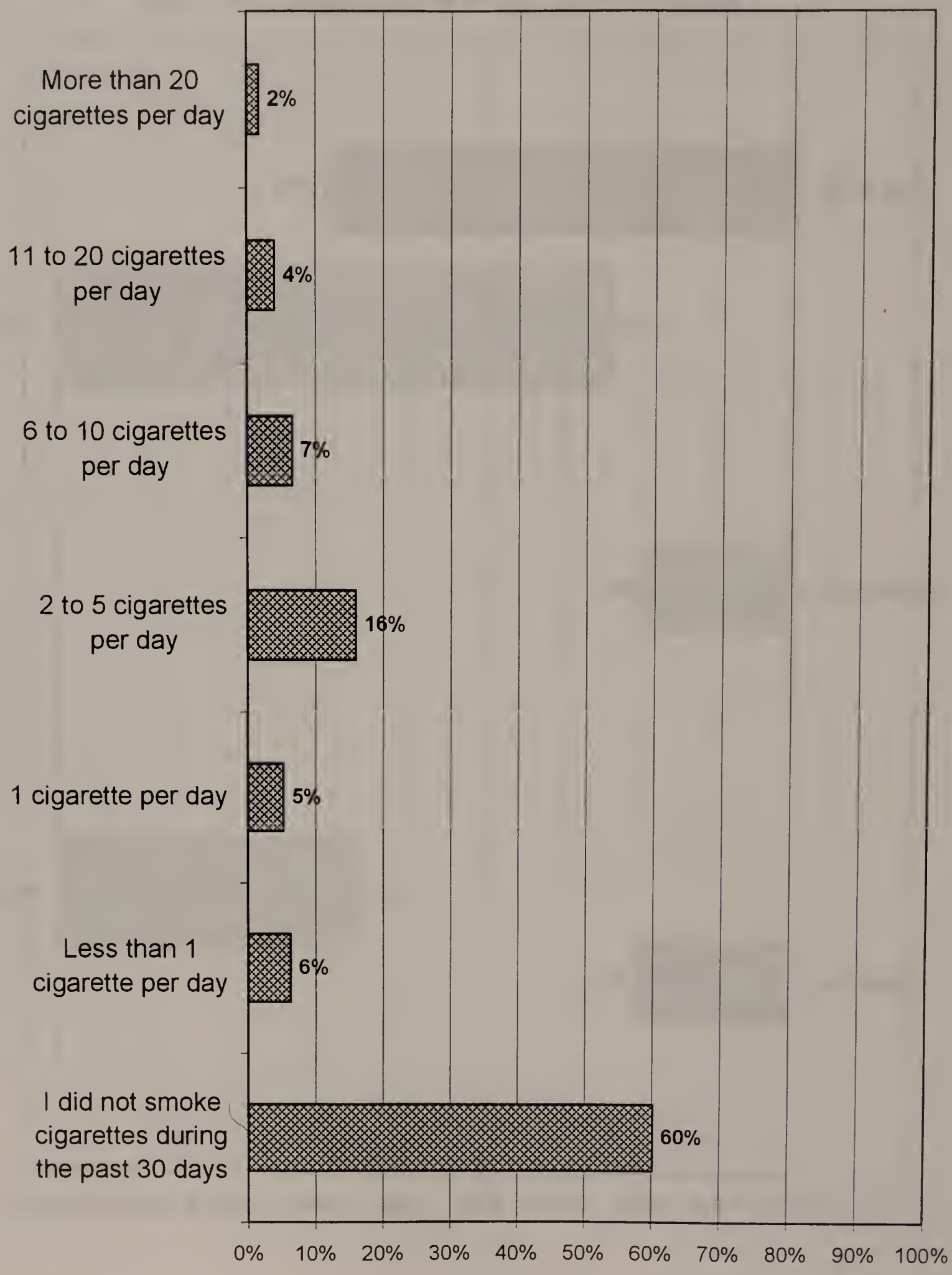


Chart 9

Q-38 During the past 30 days, on how many days did you smoke cigarettes on school property?

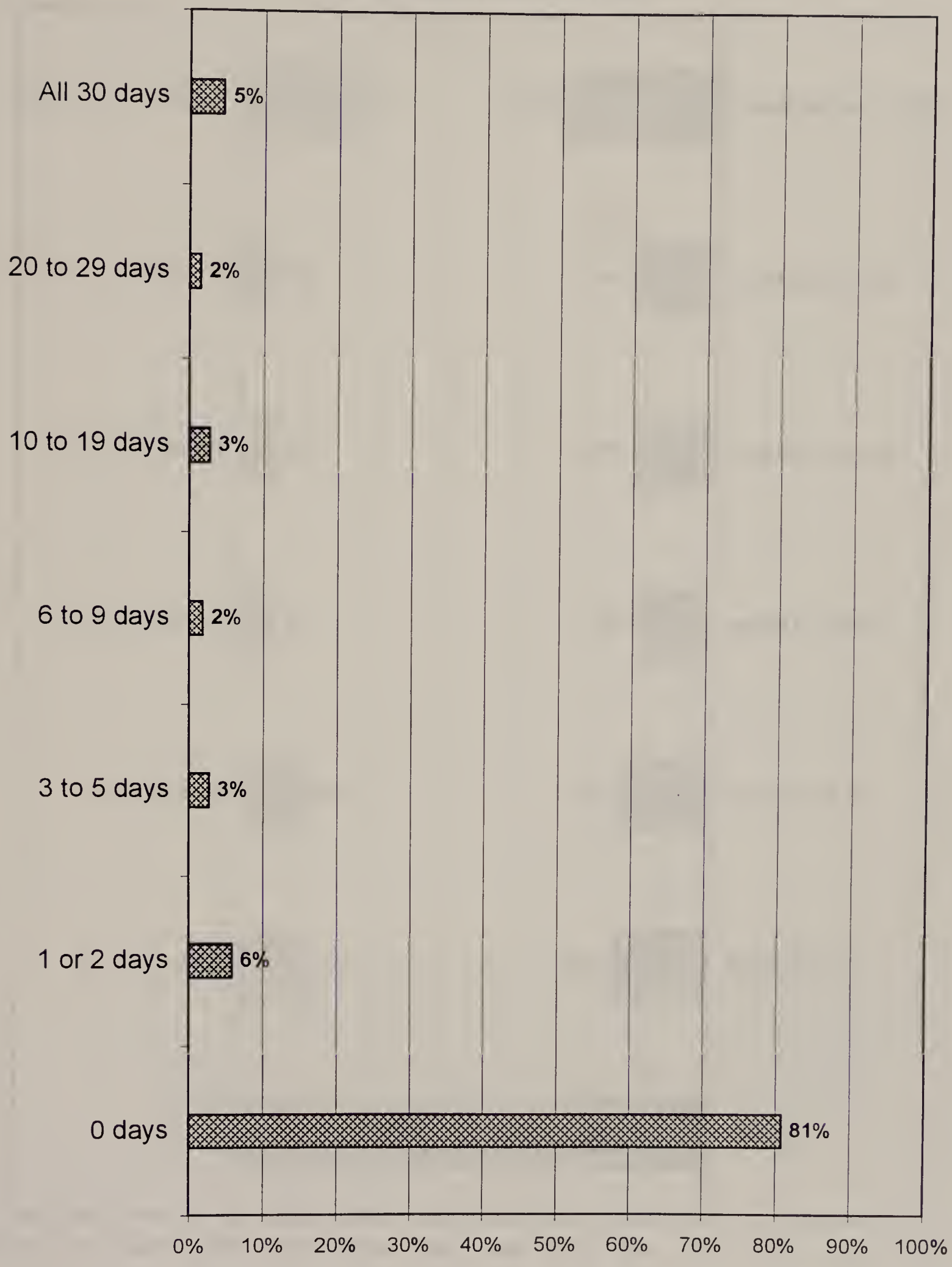


Chart 10

Q-50 During your life, on how many days have you had at least one drink of alcohol?

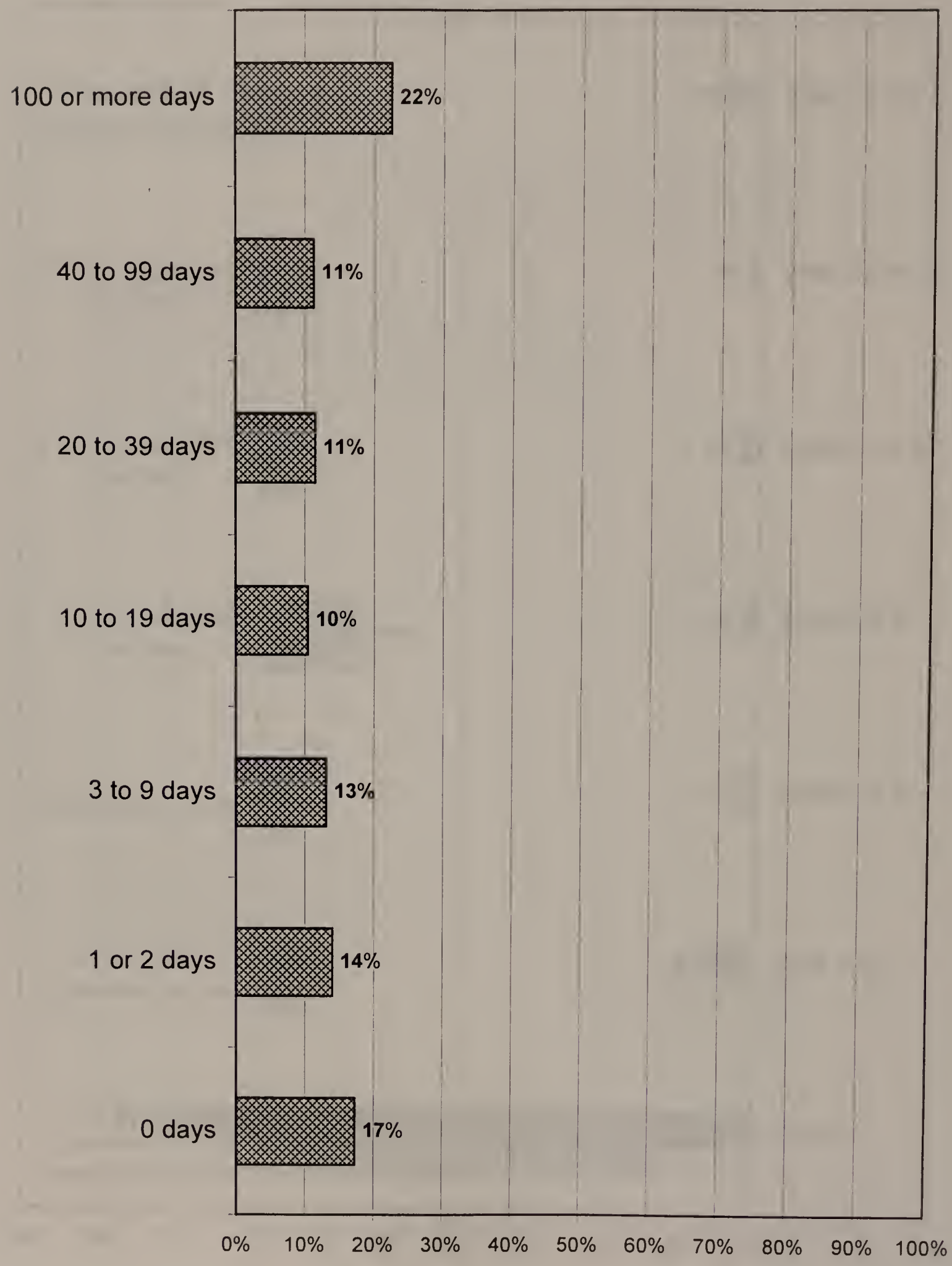


Chart 11

Q-55 During your life, how many times have you used marijuana?

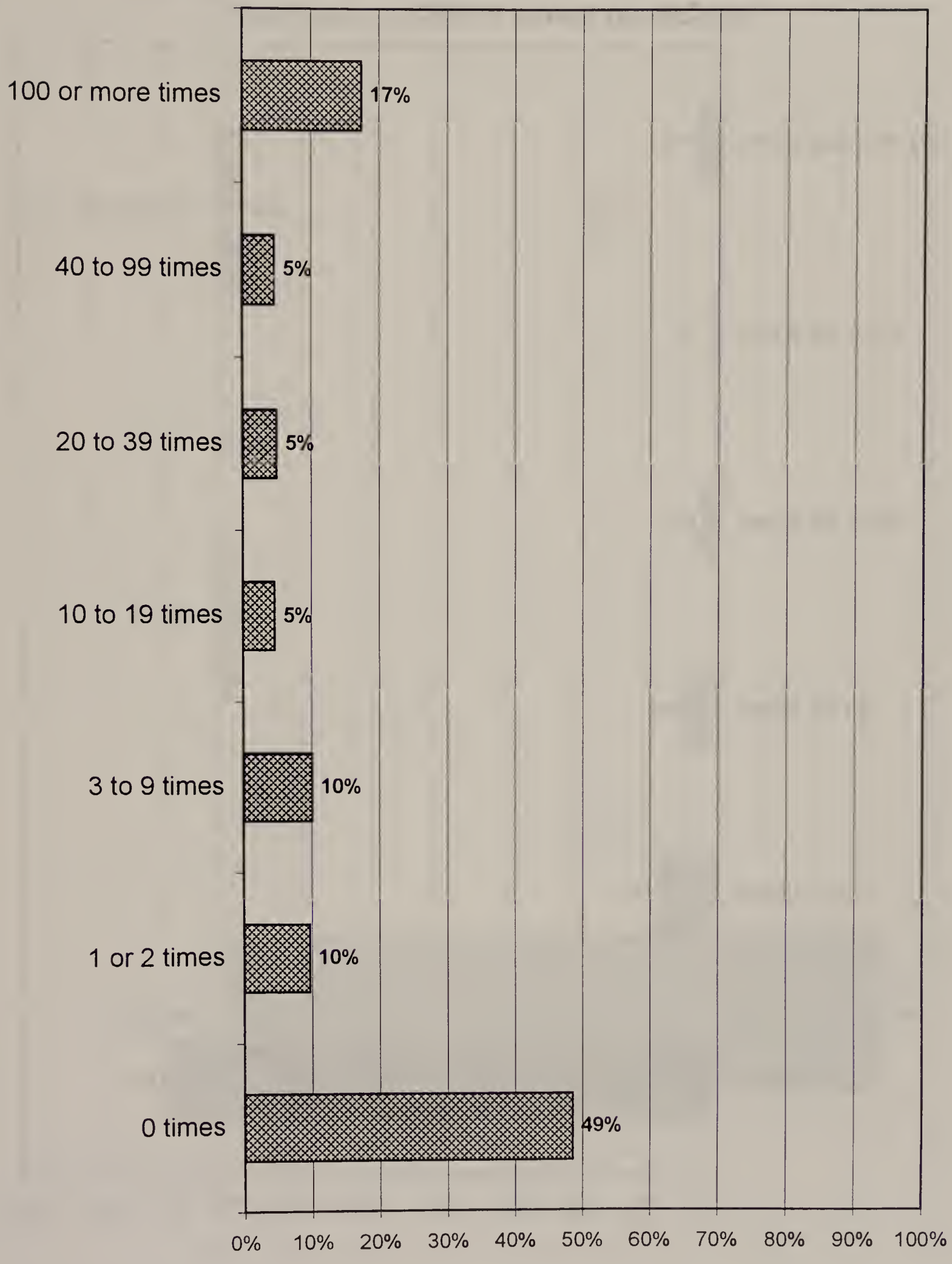


Chart 12

Q-61 During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

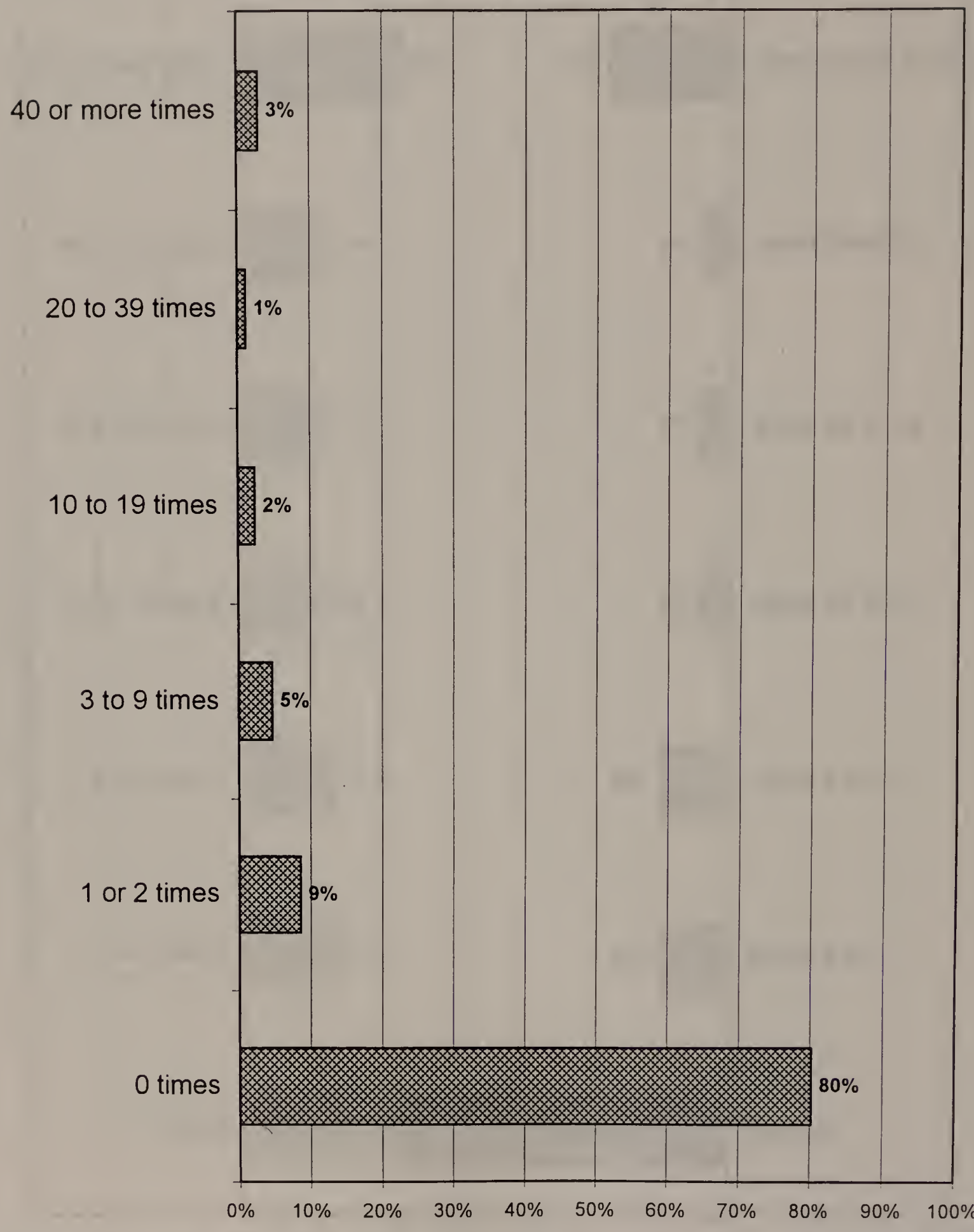


Chart 13

Q-66 During your life, how many times have you used a needle to inject any illegal drug into your body?

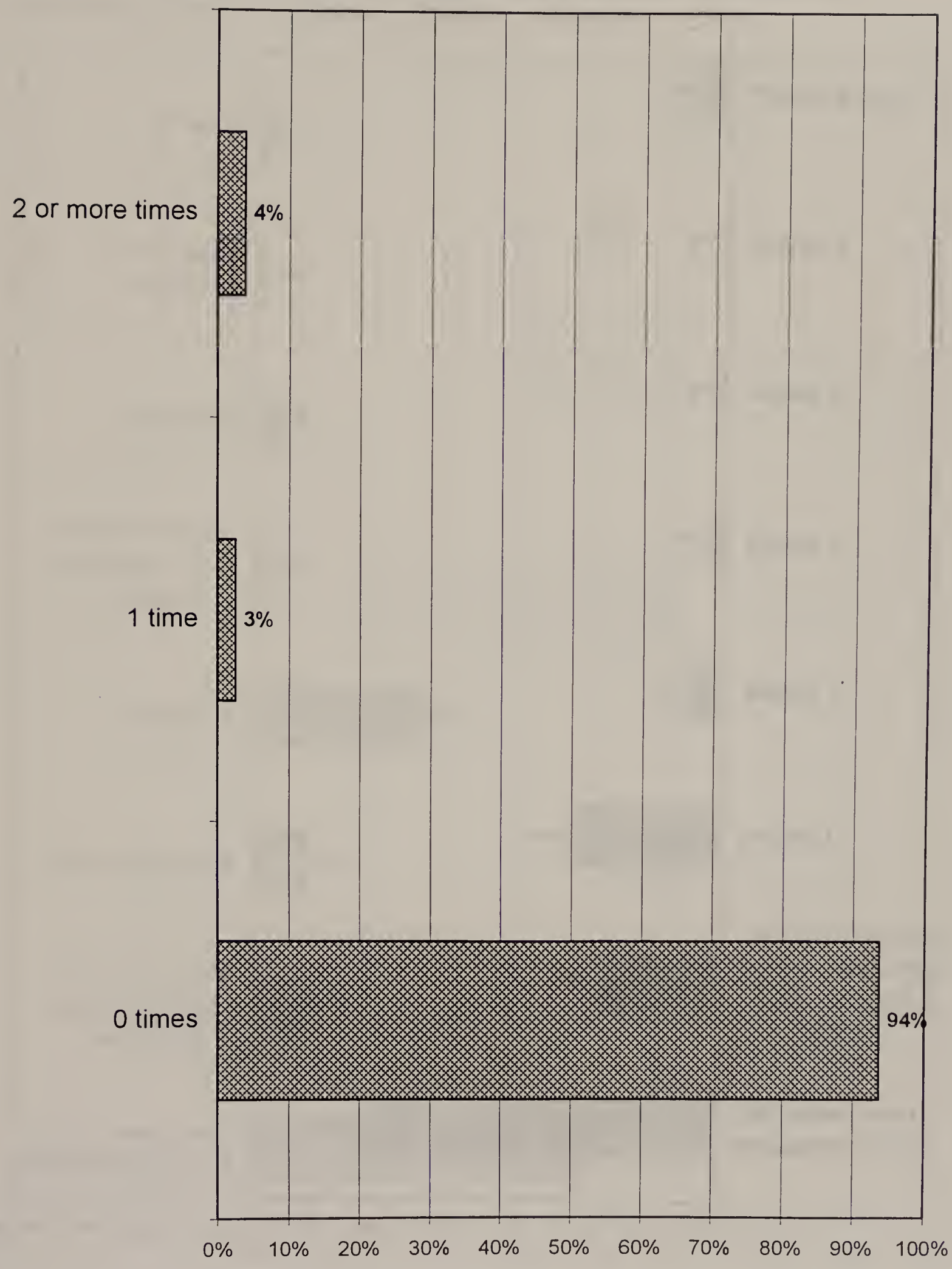


Chart 14

Q-71 During the past 3 months, with how many people did you have sexual intercourse?

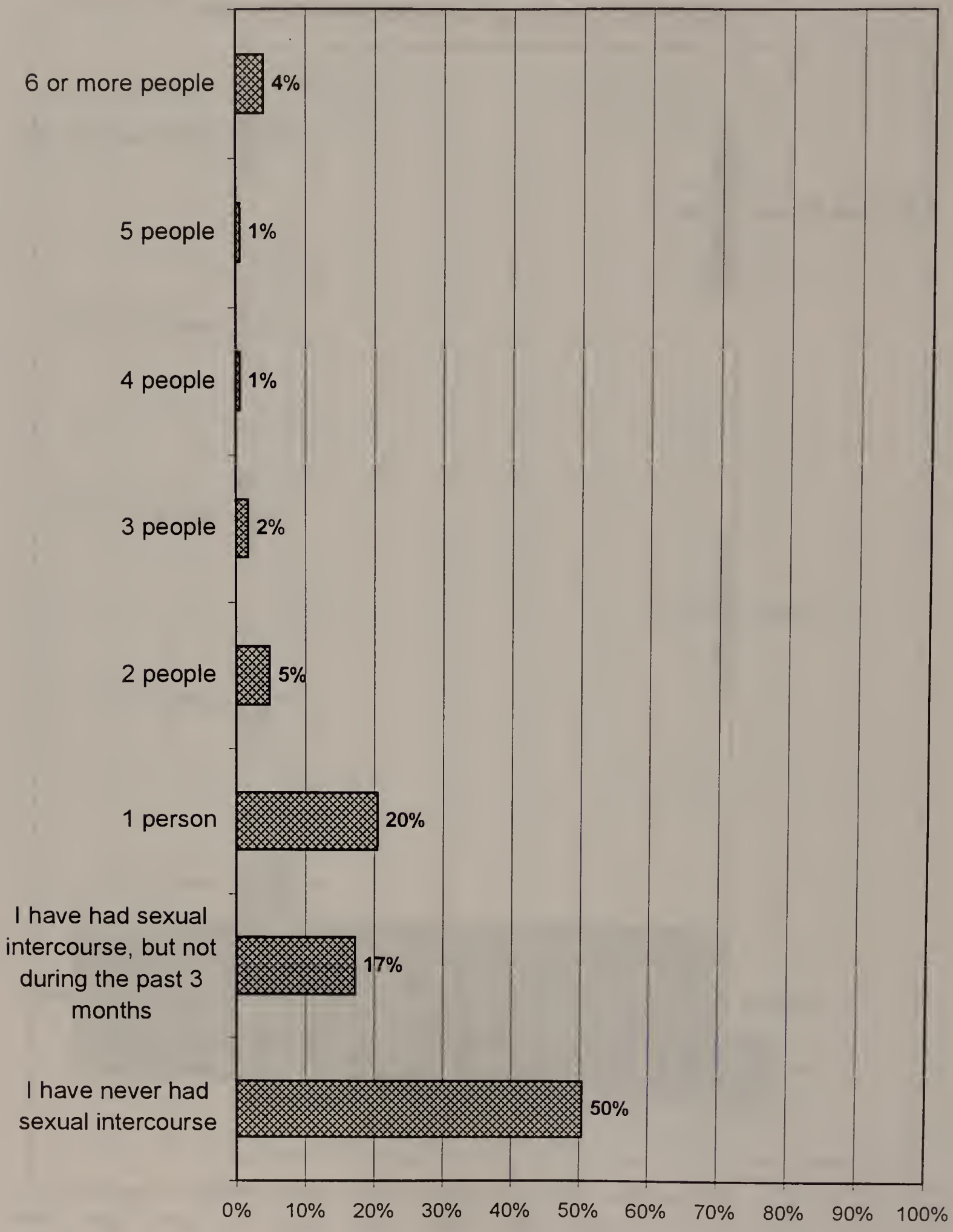


Chart 15

Q-74 The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.)

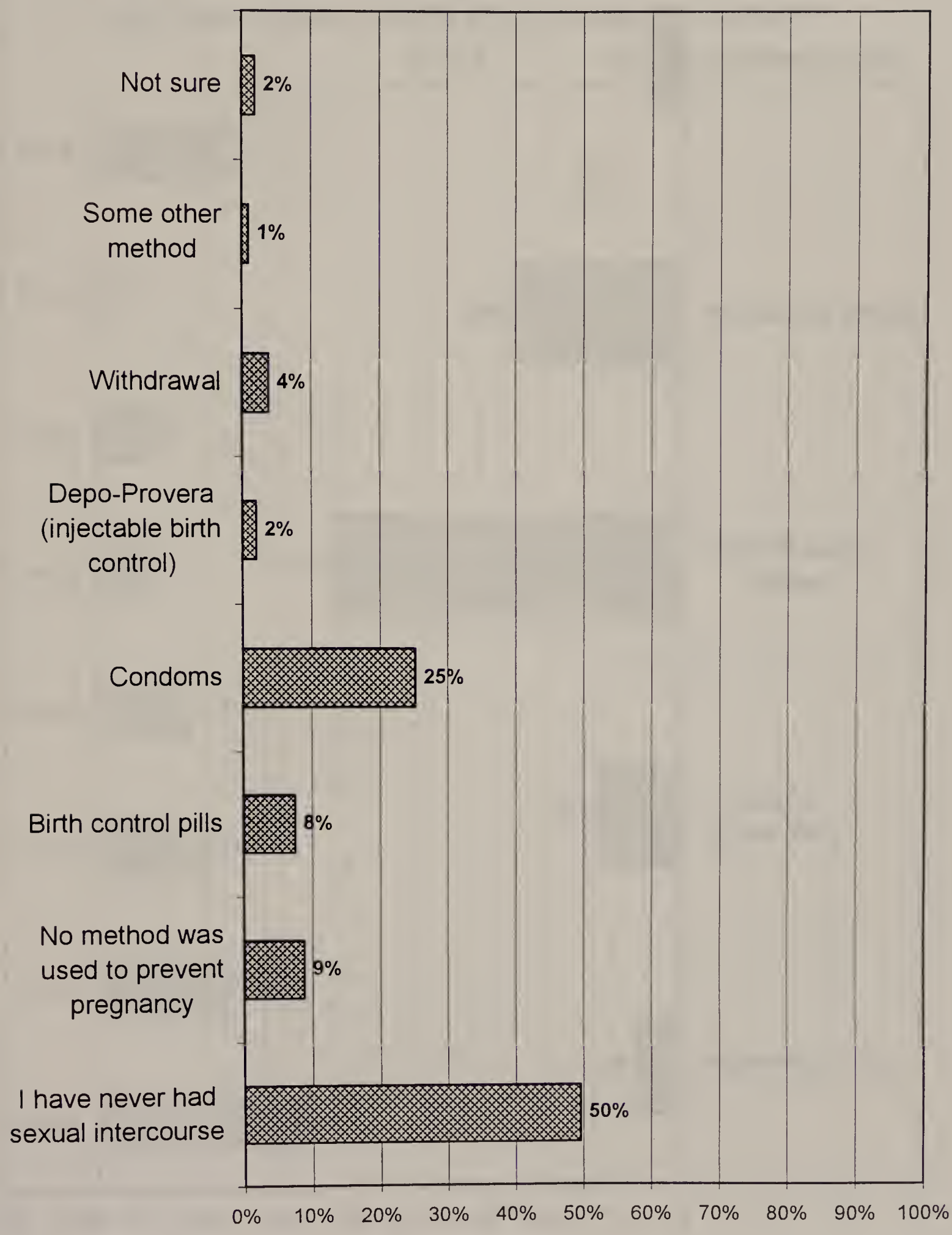


Chart 16

Q-76 How do you describe your weight?

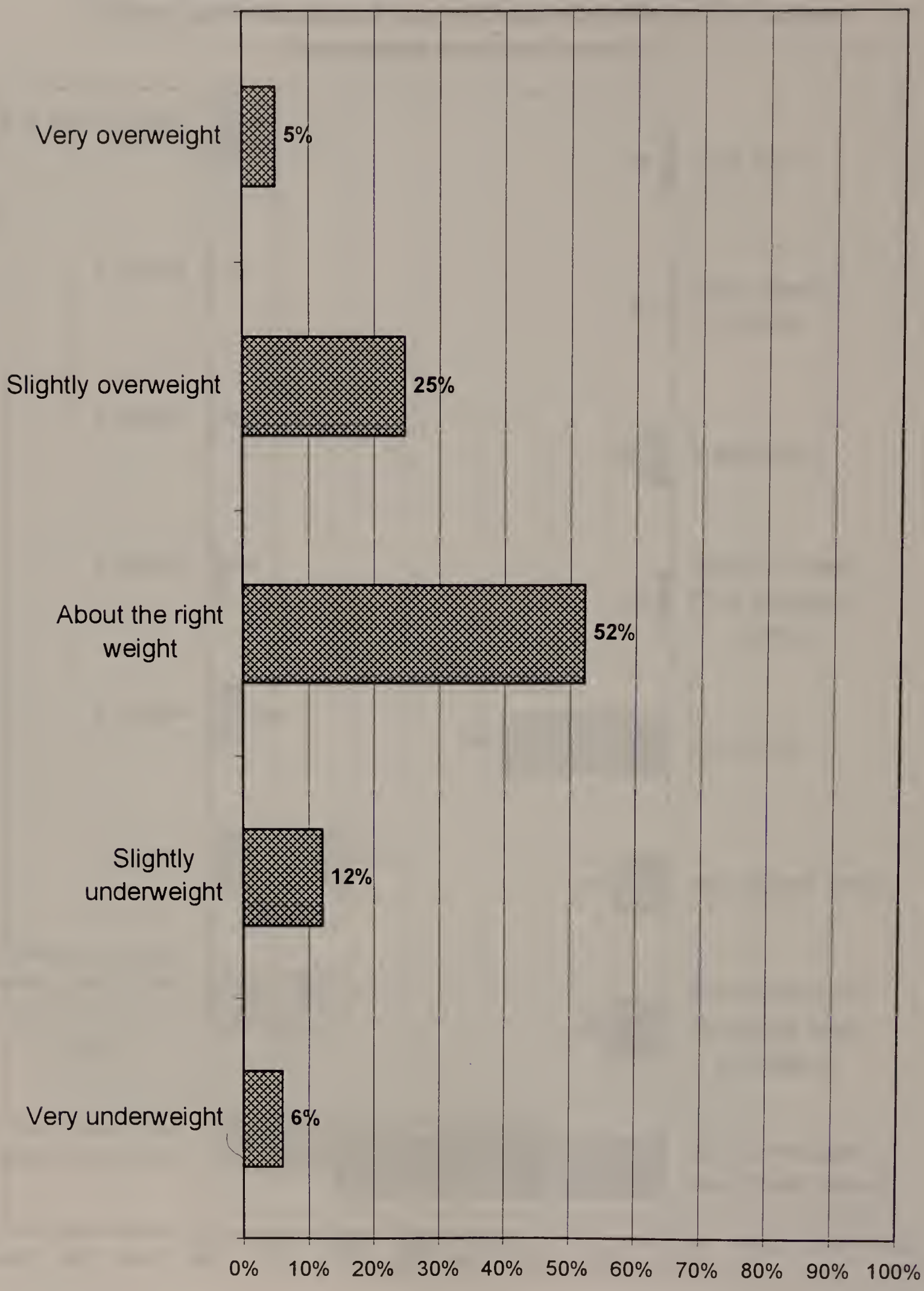


Chart 17

Q-91 On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?

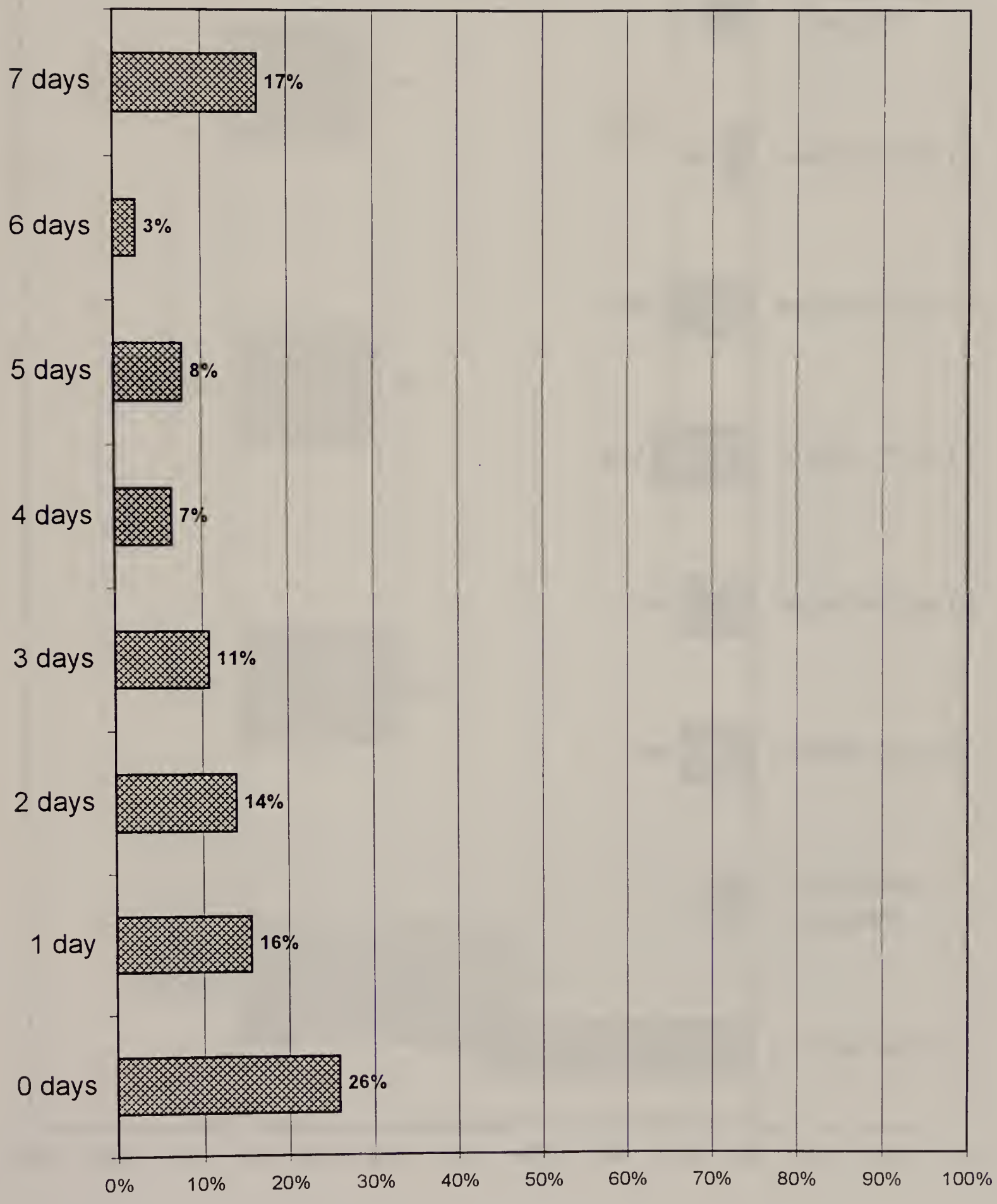


Chart 18

Q-95 During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

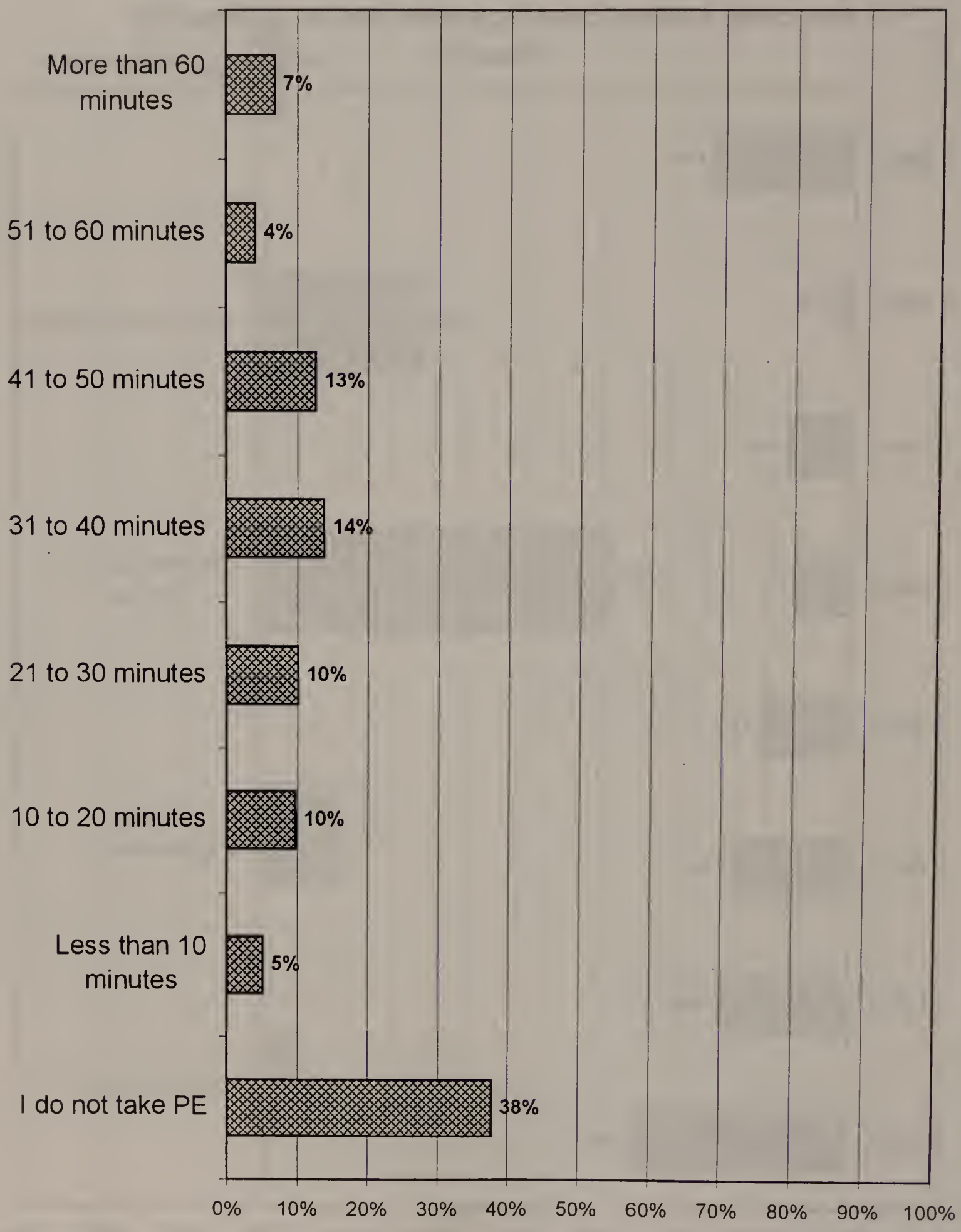


Chart 19

Q-96 During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

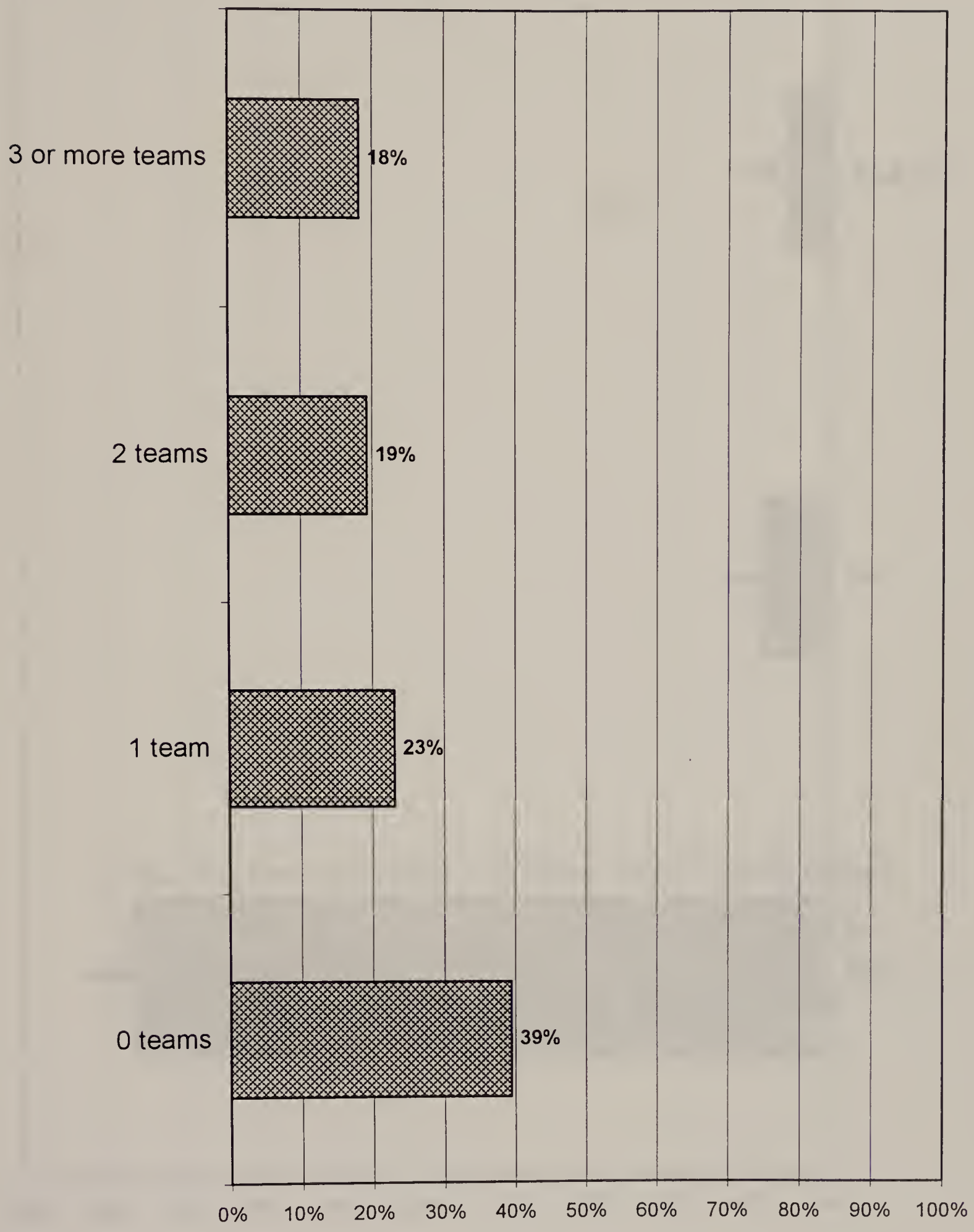
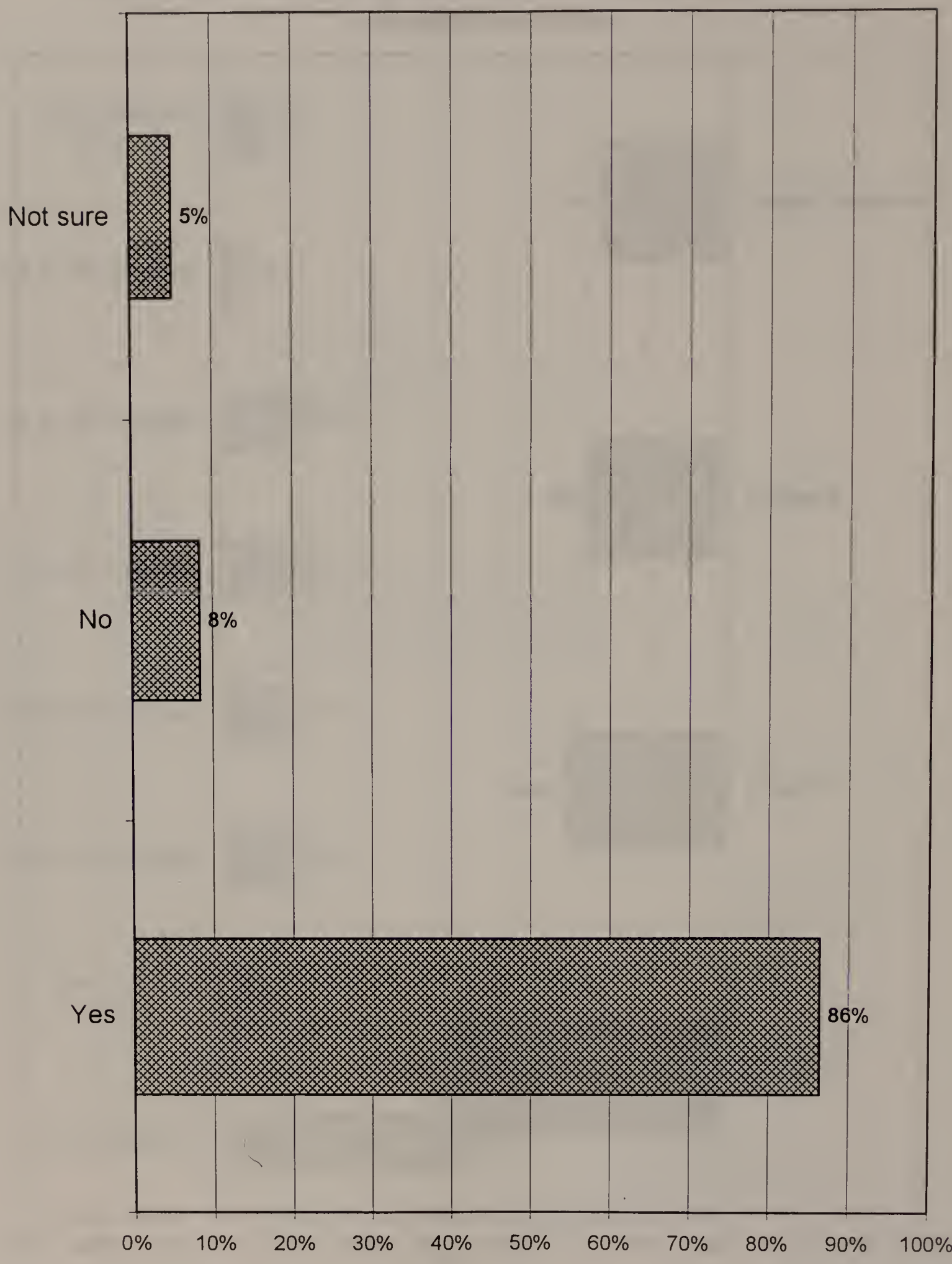


Chart 20

Q-97 Have you ever been taught about AIDS or HIV infection in school?



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